

Meal Plan - 3300 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

3311 cals ● 263g protein (32%) ● 118g fat (32%) ● 250g carbs (30%) ● 48g fiber (6%)

Breakfast

295 cals, 30g protein, 21g net carbs, 8g fat



Protein shake (almond milk)
210 cals



Orange
1 orange(s)- 85 cals

Snacks

370 cals, 10g protein, 71g net carbs, 3g fat



Pretzels
330 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

1095 cals, 82g protein, 68g net carbs, 50g fat



Simple salad with celery, cucumber & tomato
299 cals



Garlic pepper seitan
799 cals

Dinner

1055 cals, 33g protein, 86g net carbs, 55g fat



Simple mixed greens and tomato salad
76 cals



Pecans
1/2 cup- 366 cals



Creamy lentils and sweet potato
614 cals

Day 2

3201 cals ● 244g protein (30%) ● 75g fat (21%) ● 308g carbs (39%) ● 80g fiber (10%)

Breakfast

295 cals, 30g protein, 21g net carbs, 8g fat



Protein shake (almond milk)
210 cals



Orange
1 orange(s)- 85 cals

Snacks

370 cals, 10g protein, 71g net carbs, 3g fat



Pretzels
330 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

975 cals, 48g protein, 137g net carbs, 12g fat



Bbq cauliflower wings
803 cals



Simple salad with celery, cucumber & tomato
171 cals

Dinner

1070 cals, 47g protein, 76g net carbs, 49g fat



Roasted almonds
1/2 cup(s)- 388 cals



Chickpea & kale soup
682 cals

Day 3

3266 cals ● 259g protein (32%) ● 99g fat (27%) ● 280g carbs (34%) ● 55g fiber (7%)

Breakfast

460 cals, 28g protein, 34g net carbs, 18g fat



Soy milk
2 cup(s)- 169 cals



Hummus toast
2 slice(s)- 293 cals

Snacks

360 cals, 8g protein, 31g net carbs, 19g fat



Orange
1 orange(s)- 85 cals



Kale chips
275 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

975 cals, 66g protein, 83g net carbs, 33g fat



Chunky canned soup (non-creamy)
3 1/2 can(s)- 865 cals



Roasted almonds
1/8 cup(s)- 111 cals

Dinner

980 cals, 48g protein, 128g net carbs, 26g fat



Banana
3 banana(s)- 350 cals



Crispy chik'n tenders
11 tender(s)- 628 cals

Day 4

3266 cals ● 259g protein (32%) ● 99g fat (27%) ● 280g carbs (34%) ● 55g fiber (7%)

Breakfast

460 cals, 28g protein, 34g net carbs, 18g fat



Soy milk

2 cup(s)- 169 cals



Hummus toast

2 slice(s)- 293 cals

Snacks

360 cals, 8g protein, 31g net carbs, 19g fat



Orange

1 orange(s)- 85 cals



Kale chips

275 cals

Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

Lunch

975 cals, 66g protein, 83g net carbs, 33g fat



Chunky canned soup (non-creamy)

3 1/2 can(s)- 865 cals



Roasted almonds

1/8 cup(s)- 111 cals

Dinner

980 cals, 48g protein, 128g net carbs, 26g fat



Banana

3 banana(s)- 350 cals



Crispy chik'n tenders

11 tender(s)- 628 cals

Day 5

3341 cals ● 235g protein (28%) ● 102g fat (27%) ● 282g carbs (34%) ● 90g fiber (11%)

Breakfast

460 cals, 28g protein, 34g net carbs, 18g fat



Soy milk

2 cup(s)- 169 cals



Hummus toast

2 slice(s)- 293 cals

Snacks

415 cals, 13g protein, 22g net carbs, 26g fat



Orange

1 orange(s)- 85 cals



Celery and peanut butter

109 cals



Roasted almonds

1/4 cup(s)- 222 cals

Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

Lunch

925 cals, 40g protein, 117g net carbs, 27g fat



Simple mixed greens and tomato salad

265 cals



Tofu alfredo pasta with broccoli

663 cals

Dinner

1045 cals, 46g protein, 105g net carbs, 27g fat



Walnut almond trail mix

1/4 cup(s)- 216 cals



Black bean & sweet potato stew

830 cals

Day 6

3274 cals ● 230g protein (28%) ● 112g fat (31%) ● 285g carbs (35%) ● 51g fiber (6%)

Breakfast

480 cals, 13g protein, 84g net carbs, 3g fat



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



Raspberries
1 1/2 cup(s)- 108 cals

Snacks

415 cals, 13g protein, 22g net carbs, 26g fat



Orange
1 orange(s)- 85 cals



Celery and peanut butter
109 cals



Roasted almonds
1/4 cup(s)- 222 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

925 cals, 40g protein, 117g net carbs, 27g fat



Simple mixed greens and tomato salad
265 cals



Tofu alfredo pasta with broccoli
663 cals

Dinner

960 cals, 55g protein, 58g net carbs, 52g fat



Simple salad with celery, cucumber & tomato
128 cals



Seitan in peanut sauce
834 cals

Day 7

3314 cals ● 259g protein (31%) ● 120g fat (33%) ● 251g carbs (30%) ● 47g fiber (6%)

Breakfast

480 cals, 13g protein, 84g net carbs, 3g fat



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



Raspberries
1 1/2 cup(s)- 108 cals

Snacks

415 cals, 13g protein, 22g net carbs, 26g fat



Orange
1 orange(s)- 85 cals



Celery and peanut butter
109 cals



Roasted almonds
1/4 cup(s)- 222 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

965 cals, 69g protein, 82g net carbs, 36g fat



Breaded seitan nuggets
680 cals



Corn
139 cals



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

Dinner

960 cals, 55g protein, 58g net carbs, 52g fat



Simple salad with celery, cucumber & tomato
128 cals



Seitan in peanut sauce
834 cals

Grocery List



Beverages

- ☐ protein powder
33 1/2 scoop (1/3 cup ea) (1039g)
- ☐ water
2 gallon (8026mL)
- ☐ almond milk, unsweetened
2 1/2 cup (571mL)

Snacks

- ☐ pretzels, hard, salted
6 oz (170g)

Vegetables and Vegetable Products

- ☐ tomatoes
8 1/2 medium whole (2-3/5" dia) (1054g)
- ☐ raw celery
8 2/3 stalk, medium (7-1/2" - 8" long) (347g)
- ☐ cucumber
3 cucumber (8-1/4") (853g)
- ☐ onion
2 medium (2-1/2" dia) (240g)
- ☐ green pepper
2 1/2 tbsp, chopped (22g)
- ☐ garlic
10 1/4 clove(s) (31g)
- ☐ fresh spinach
1 10oz package (267g)
- ☐ sweet potatoes
1 1/3 sweetpotato, 5" long (280g)
- ☐ kale leaves
1 1/3 lbs (594g)
- ☐ cauliflower
3 head small (4" dia.) (795g)
- ☐ ketchup
1/2 cup (145g)
- ☐ frozen broccoli
3/4 package (213g)
- ☐ tomato paste
4 tsp (21g)
- ☐ fresh ginger
1/2 tbsp (3g)
- ☐ green onions
2 2/3 medium (4-1/8" long) (40g)
- ☐ frozen corn kernels
1 cup (136g)

Fats and Oils

Cereal Grains and Pasta

- ☐ seitan
26 oz (737g)
- ☐ uncooked dry pasta
1/2 lbs (257g)

Fruits and Fruit Juices

- ☐ orange
7 orange (1078g)
- ☐ banana
6 medium (7" to 7-7/8" long) (708g)
- ☐ raisins
2 tsp (not packed) (6g)
- ☐ lemon juice
2 tsp (10mL)
- ☐ raspberries
3 cup (369g)

Nut and Seed Products

- ☐ pecans
1/2 cup, halves (50g)
- ☐ coconut milk, canned
3/4 can (343mL)
- ☐ almonds
1 1/2 cup, whole (217g)
- ☐ walnuts
4 tsp, chopped (10g)

Legumes and Legume Products

- ☐ lentils, raw
1/2 cup (85g)
- ☐ chickpeas, canned
1 1/4 can(s) (560g)
- ☐ hummus
1 cup (225g)
- ☐ peanut butter
5 tbsp (80g)
- ☐ firm tofu
3/4 package (16 oz) (340g)
- ☐ black beans
1 1/3 can(s) (585g)
- ☐ soy sauce
1 oz (26mL)

Soups, Sauces, and Gravies

- ☐ vegetable broth
6 1/3 cup(s) (mL)

- ☐ **salad dressing**
1 1/4 cup (308mL)
- ☐ **olive oil**
2 1/2 oz (75mL)
- ☐ **oil**
1 3/4 oz (53mL)

Other

- ☐ **mixed greens**
5 package (5.5 oz) (799g)
- ☐ **nutritional yeast**
3/4 cup (45g)
- ☐ **soy milk, unsweetened**
7 3/4 cup(s) (mL)
- ☐ **meatless chik'n tenders**
22 pieces (561g)
- ☐ **chocolate chips**
2 tsp (9g)
- ☐ **curry paste**
1/4 tbsp (3g)

Spices and Herbs

- ☐ **black pepper**
3 dash, ground (1g)
- ☐ **salt**
3/4 oz (22g)
- ☐ **ground cumin**
4 g (4g)
- ☐ **basil, dried**
1/2 tbsp, ground (2g)
- ☐ **garlic powder**
1/4 tbsp (2g)
- ☐ **ground coriander**
3 dash (1g)

- ☐ **barbecue sauce**
3/4 cup (215g)
- ☐ **chunky canned soup (non-creamy varieties)**
7 can (~19 oz) (3682g)
- ☐ **chili garlic sauce**
1/3 tsp (2g)
- ☐ **oyster sauce**
1/3 tsp (2g)

Baked Products

- ☐ **bread**
6 slice (192g)
- ☐ **bagel**
3 small bagel (3" dia) (207g)
- ☐ **bread crumbs**
4 tbsp (27g)

Sweets

- ☐ **sugar**
2 tbsp (26g)
 - ☐ **jelly**
3 tbsp (63g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Protein shake (almond milk)

210 cals ● 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.

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Soy milk

2 cup(s) - 169 cals ● 14g protein ● 9g fat ● 4g carbs ● 4g fiber



For single meal:

soy milk, unsweetened
2 cup(s) (mL)

For all 3 meals:

soy milk, unsweetened
6 cup(s) (mL)

1. The recipe has no instructions.

Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

bread
2 slice (64g)
hummus
5 tbsp (75g)

For all 3 meals:

bread
6 slice (192g)
hummus
1 cup (225g)

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

Breakfast 3 [↗](#)

Eat on day 6 and day 7

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 2 meals:

bagel

3 small bagel (3" dia) (207g)

jelly

3 tbsp (63g)

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

Raspberries

1 1/2 cup(s) - 108 cals ● 2g protein ● 1g fat ● 10g carbs ● 12g fiber



For single meal:

raspberries

1 1/2 cup (185g)

For all 2 meals:

raspberries

3 cup (369g)

1. Rinse raspberries and serve.

Lunch 1 [↗](#)

Eat on day 1

Simple salad with celery, cucumber & tomato

299 cals ● 10g protein ● 11g fat ● 30g carbs ● 9g fiber



salad dressing

1/4 cup (53mL)

raw celery, chopped

2 1/3 stalk, medium (7-1 1/2" - 8" long) (93g)

mixed greens

1 1/6 package (5.5 oz) (181g)

cucumber, sliced

1 1/6 cucumber (8-1 1/4") (351g)

tomatoes, diced

1 1/6 medium whole (2-3/5" dia) (144g)

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

Garlic pepper seitan

799 cals ● 71g protein ● 39g fat ● 38g carbs ● 3g fiber



olive oil

2 1/3 tbsp (35mL)

onion

1/4 cup, chopped (47g)

green pepper

2 1/3 tbsp, chopped (22g)

black pepper

1/4 tsp, ground (1g)

water

3 1/2 tsp (17mL)

salt

1 dash (1g)

seitan, chicken style

9 1/3 oz (265g)

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.
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Lunch 2 [↗](#)

Eat on day 2

Bbq cauliflower wings

803 cals ● 42g protein ● 6g fat ● 120g carbs ● 26g fiber



barbecue sauce
3/4 cup (215g)
salt
1/4 tbsp (5g)
nutritional yeast
3/4 cup (45g)
cauliflower
3 head small (4" dia.) (795g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Simple salad with celery, cucumber & tomato

171 cals ● 6g protein ● 6g fat ● 17g carbs ● 5g fiber



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.

Lunch 3 [🔗](#)

Eat on day 3 and day 4

Chunky canned soup (non-creamy)

3 1/2 can(s) - 865 cal(s) ● 63g protein ● 24g fat ● 81g carbs ● 19g fiber



For single meal:

chunky canned soup (non-creamy varieties)

3 1/2 can (~19 oz) (1841g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

7 can (~19 oz) (3682g)

1. Prepare according to instructions on package.

Roasted almonds

1/8 cup(s) - 111 cal(s) ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds

2 tbsp, whole (18g)

For all 2 meals:

almonds

4 tbsp, whole (36g)

1. The recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Simple mixed greens and tomato salad

265 cal ● 6g protein ● 16g fat ● 18g carbs ● 5g fiber



For single meal:

mixed greens

5 1/4 cup (158g)

tomatoes

14 tbsp cherry tomatoes (130g)

salad dressing

1/3 cup (79mL)

For all 2 meals:

mixed greens

10 1/2 cup (315g)

tomatoes

1 3/4 cup cherry tomatoes (261g)

salad dressing

2/3 cup (158mL)

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

Tofu alfredo pasta with broccoli

663 cal ● 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.

Lunch 5 [↗](#)

Eat on day 7

Breaded seitan nuggets

680 cal ● 52g protein ● 27g fat ● 53g carbs ● 3g fiber



garlic powder

1/4 tbsp (2g)

oil

1 1/2 tbsp (23mL)

soy sauce

1 1/2 tbsp (23mL)

black pepper

3/4 dash, ground (0g)

ground cumin

3 dash (1g)

ground coriander

3 dash (1g)

bread crumbs

4 tbsp (27g)

ketchup

3 tbsp (51g)

seitan, broken into bite-sized pieces

6 oz (170g)

1. In a small bowl, combine bread crumbs, garlic powder, coriander, cumin, and black pepper. In a separate bowl, add the soy sauce.
2. Dip the seitan nuggets in the soy sauce, then in the bread crumb mixture until fully coated. Set aside.
3. Heat oil in a skillet over medium heat. Fry seitan until browned on all sides.
4. Serve with ketchup.

Corn

139 cal ● 4g protein ● 1g fat ● 25g carbs ● 3g fiber



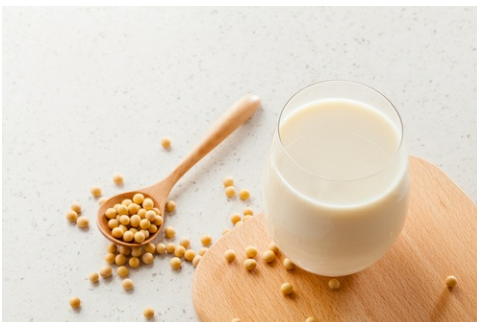
frozen corn kernels

1 cup (136g)

1. Prepare according to instructions on package.

Soy milk

1 3/4 cup(s) - 148 cal ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



Makes 1 3/4 cup(s)

soy milk, unsweetened

1 3/4 cup(s) (mL)

1. The recipe has no instructions.

Snacks 1

Eat on day 1 and day 2

Pretzels

330 cals  8g protein  2g fat  65g carbs  3g fiber



For single meal:
pretzels, hard, salted
3 oz (85g)

For all 2 meals:
pretzels, hard, salted
6 oz (170g)

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 2 meals:
tomatoes
24 cherry tomatoes (408g)

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

Snacks 2 [↗](#)

Eat on day 3 and day 4

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. The recipe has no instructions.
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Kale chips

275 cals ● 6g protein ● 19g fat ● 15g carbs ● 4g fiber



For single meal:

salt
1/2 tbsp (8g)
kale leaves
1 1/3 bunch (227g)
olive oil
4 tsp (20mL)

For all 2 meals:

salt
2 2/3 tsp (16g)
kale leaves
2 2/3 bunch (454g)
olive oil
2 2/3 tbsp (40mL)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
 2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
 3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
 4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
 5. Spread the leaves over the baking sheet and sprinkle with salt.
 6. Bake about 10-15 minutes- until edges are browned but not burnt.
 7. Serve
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Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange

1 orange (154g)

For all 3 meals:

orange

3 orange (462g)

1. The recipe has no instructions.

Celery and peanut butter

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



For single meal:

raw celery

1 stalk, medium (7-1/2" - 8" long)
(40g)

peanut butter

1 tbsp (16g)

For all 3 meals:

raw celery

3 stalk, medium (7-1/2" - 8" long)
(120g)

peanut butter

3 tbsp (48g)

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

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds

4 tbsp, whole (36g)

For all 3 meals:

almonds

3/4 cup, whole (107g)

1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Simple mixed greens and tomato salad

76 cal ● 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.

Pecans

1/2 cup - 366 cal ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



Makes 1/2 cup

pecans

1/2 cup, halves (50g)

1. The recipe has no instructions.

Creamy lentils and sweet potato

614 cal ● 27g protein ● 14g fat ● 79g carbs ● 16g fiber



lentils, raw

1/2 cup (85g)

vegetable broth

1 1/3 cup(s) (mL)

fresh spinach

1 1/3 cup(s) (40g)

coconut milk, canned

2 2/3 tbsp (40mL)

oil

1 tsp (5mL)

ground cumin

4 dash (1g)

onion, diced

2/3 medium (2-1/2" dia) (73g)

sweet potatoes, chopped into bite-sized pieces

2/3 sweetpotato, 5" long (140g)

1. In a soup pan, heat oil over medium heat and add diced onion. Saute for about 5 minutes, until browned and soft.
 2. Add sweet potato, lentils, cumin, and broth. Add salt and pepper to taste. Cover and let simmer for about 20 minutes.
 3. Once the lentils and sweet potato are soft, add in spinach and coconut milk to the pot and stir. Let simmer for another few minutes, uncovered.
 4. Serve.
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Dinner 2 [↗](#)

Eat on day 2

Roasted almonds

1/2 cup(s) - 388 cals ● 13g protein ● 31g fat ● 6g carbs ● 8g fiber



Makes 1/2 cup(s)

almonds

1/2 cup, whole (63g)

1. The recipe has no instructions.

Chickpea & kale soup

682 cals ● 34g protein ● 18g fat ● 70g carbs ● 27g fiber



vegetable broth

5 cup(s) (mL)

oil

1 1/4 tsp (6mL)

kale leaves, chopped

2 1/2 cup, chopped (100g)

garlic, minced

2 1/2 clove(s) (8g)

chickpeas, canned, drained

1 1/4 can(s) (560g)

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

Dinner 3 [↗](#)

Eat on day 3 and day 4

Banana

3 banana(s) - 350 cals ● 4g protein ● 1g fat ● 72g carbs ● 9g fiber



For single meal:

banana

3 medium (7" to 7-7/8" long) (354g)

For all 2 meals:

banana

6 medium (7" to 7-7/8" long) (708g)

1. The recipe has no instructions.

Crispy chik'n tenders

11 tender(s) - 628 cals ● 45g protein ● 25g fat ● 57g carbs ● 0g fiber



For single meal:

meatless chik'n tenders

11 pieces (281g)

ketchup

2 3/4 tbsp (47g)

For all 2 meals:

meatless chik'n tenders

22 pieces (561g)

ketchup

1/3 cup (94g)

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

Dinner 4 [↗](#)

Eat on day 5

Walnut almond trail mix

1/4 cup(s) - 216 cals ● 5g protein ● 15g fat ● 12g carbs ● 3g fiber



Makes 1/4 cup(s)

walnuts

4 tsp, chopped (10g)

almonds

4 tsp, whole (12g)

chocolate chips

2 tsp (9g)

raisins

2 tsp (not packed) (6g)

1. Mix the ingredients together. Store any leftovers in a cool area.

Black bean & sweet potato stew

830 cals ● 41g protein ● 12g fat ● 93g carbs ● 47g fiber



water
2 cup(s) (474mL)
ground cumin
1 tsp (2g)
lemon juice
2 tsp (10mL)
kale leaves
16 tbsp, chopped (40g)
oil
2 tsp (10mL)
tomato paste
4 tsp (21g)
black beans, drained
1 1/3 can(s) (585g)
sweet potatoes, cubed
2/3 sweetpotato, 5" long (140g)
onion, chopped
2/3 small (47g)
garlic, diced
1 1/3 clove(s) (4g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Simple salad with celery, cucumber & tomato

128 cals ● 4g protein ● 5g fat ● 13g carbs ● 4g fiber



For single meal:

salad dressing
1 1/2 tbsp (23mL)
raw celery, chopped
1 stalk, medium (7-1/2" - 8" long) (40g)
mixed greens
1/2 package (5.5 oz) (78g)
cucumber, sliced
1/2 cucumber (8-1/4") (151g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)

For all 2 meals:

salad dressing
3 tbsp (45mL)
raw celery, chopped
2 stalk, medium (7-1/2" - 8" long) (80g)
mixed greens
1 package (5.5 oz) (155g)
cucumber, sliced
1 cucumber (8-1/4") (301g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)

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

Seitan in peanut sauce

834 cals ● 51g protein ● 48g fat ● 45g carbs ● 5g fiber



For single meal:

coconut milk, canned
1/3 can (150mL)
peanut butter
1 tbsp (16g)
sugar
1 tbsp (13g)
oil
1 tsp (5mL)
curry paste
1/3 tsp (2g)
soy sauce
1/3 tsp (2mL)
chili garlic sauce
1 1/3 dash (1g)
oyster sauce
1 1/3 dash (1g)
fresh ginger, chopped
1/4 tbsp (1g)
garlic, chopped
1 clove(s) (3g)
seitan, chicken-style
1/3 lbs (151g)
onion, chopped
1/3 medium (2-1/2" dia) (37g)
fresh spinach, chopped
1/3 bunch (113g)
green onions, chopped
1 1/3 medium (4-1/8" long) (20g)

For all 2 meals:

coconut milk, canned
2/3 can (301mL)
peanut butter
2 tbsp (32g)
sugar
2 tbsp (26g)
oil
2 tsp (10mL)
curry paste
1/4 tbsp (3g)
soy sauce
1/4 tbsp (3mL)
chili garlic sauce
1/3 tsp (2g)
oyster sauce
1/3 tsp (2g)
fresh ginger, chopped
1/2 tbsp (3g)
garlic, chopped
2 clove(s) (6g)
seitan, chicken-style
2/3 lbs (302g)
onion, chopped
2/3 medium (2-1/2" dia) (73g)
fresh spinach, chopped
2/3 bunch (227g)
green onions, chopped
2 2/3 medium (4-1/8" long) (40g)

1. Combine the ginger, garlic, and curry paste in small bowl. Slowly pour in 1/4 cup coconut milk; stirring until the mixture is smooth. Gently stir in the seitan, coating the seitan with the marinade. Refrigerate for 30 minutes to 1 hour. The longer you let it soak, the more flavorful the seitan will taste!
 2. Stir together the remaining coconut milk, peanut butter, sugar, vegetable oil, soy sauce, chili garlic sauce, and oyster sauce in a medium bowl. Don't worry if it's not completely blended: when you cook it, the various substances will meld wonderfully. Set sauce aside.
 3. Lightly coat a large skillet with cooking spray; add the chopped onion; cook over high heat for 3 to 4 minutes, or until the onion is tender. Stir in the seitan, and cook until the seitan is heated through, about 7 minutes. Pour in the sauce, and stir to combine. Mix in the spinach and green onions; cook 3 minutes, or until the sauce has thickened and the spinach is cooked.
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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.
