

Meal Plan - 3500 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

3487 cals ● 246g protein (28%) ● 151g fat (39%) ● 230g carbs (26%) ● 57g fiber (6%)

Breakfast

165 cals, 4g protein, 29g net carbs, 2g fat



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

Lunch

1190 cals, 55g protein, 70g net carbs, 63g fat



Basic tempeh
6 oz- 443 cals



Sweet potato wedges
347 cals



Simple sauteed spinach
398 cals

Snacks

415 cals, 15g protein, 17g net carbs, 29g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Pistachios
375 cals

Dinner

1225 cals, 64g protein, 110g net carbs, 55g fat



Naan bread
1 1/2 piece(s)- 393 cals



Seitan in peanut sauce
834 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Day 2

3487 cals ● 246g protein (28%) ● 151g fat (39%) ● 230g carbs (26%) ● 57g fiber (6%)

Breakfast

165 cals, 4g protein, 29g net carbs, 2g fat



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

Lunch

1190 cals, 55g protein, 70g net carbs, 63g fat



Basic tempeh
6 oz- 443 cals



Sweet potato wedges
347 cals



Simple sauteed spinach
398 cals

Snacks

415 cals, 15g protein, 17g net carbs, 29g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Pistachios
375 cals

Dinner

1225 cals, 64g protein, 110g net carbs, 55g fat



Naan bread
1 1/2 piece(s)- 393 cals



Seitan in peanut sauce
834 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Day 3

3540 cals ● 233g protein (26%) ● 95g fat (24%) ● 393g carbs (44%) ● 44g fiber (5%)

Breakfast

165 cals, 4g protein, 29g net carbs, 2g fat



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

Lunch

1400 cals, 48g protein, 160g net carbs, 58g fat



Vegan grilled cheese
3 sandwich(es)- 993 cals



Soy milk yogurt
3 container- 407 cals

Snacks

360 cals, 17g protein, 56g net carbs, 5g fat



Dried cranberries
1/4 cup- 136 cals

Dinner

1125 cals, 56g protein, 144g net carbs, 28g fat



Bbq tofu & pineapple bowl
779 cals



Lentils
347 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Day 4

3525 cals ● 246g protein (28%) ● 129g fat (33%) ● 283g carbs (32%) ● 61g fiber (7%)

Breakfast

500 cals, 17g protein, 58g net carbs, 14g fat



Pear

1 pear(s)- 113 cals



Southwest avocado toast

2 toast(s)- 386 cals

Snacks

360 cals, 17g protein, 56g net carbs, 5g fat



Dried cranberries

1/4 cup- 136 cals



Breakfast cereal with protein almond milk

224 cals

Lunch

1050 cals, 47g protein, 21g net carbs, 80g fat



Roasted peanuts

1/2 cup(s)- 460 cals



Low carb asian tofu bowl

589 cals

Dinner

1125 cals, 56g protein, 144g net carbs, 28g fat



Bbq tofu & pineapple bowl

779 cals



Lentils

347 cals

Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

Day 5

3484 cals ● 232g protein (27%) ● 136g fat (35%) ● 266g carbs (31%) ● 66g fiber (8%)

Breakfast

500 cals, 17g protein, 58g net carbs, 14g fat



Pear

1 pear(s)- 113 cals



Southwest avocado toast

2 toast(s)- 386 cals

Snacks

360 cals, 17g protein, 56g net carbs, 5g fat



Dried cranberries

1/4 cup- 136 cals



Breakfast cereal with protein almond milk

224 cals

Lunch

1090 cals, 37g protein, 76g net carbs, 62g fat



Spiced coconut lentil soup

1089 cals

Dinner

1045 cals, 52g protein, 73g net carbs, 53g fat



Simple vegan garlic bread

2 slice(s)- 252 cals



Curried lentils

482 cals



Soy milk

3 2/3 cup(s)- 311 cals

Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

Day 6

3468 cals ● 233g protein (27%) ● 160g fat (41%) ● 207g carbs (24%) ● 66g fiber (8%)

Breakfast

460 cals, 11g protein, 17g net carbs, 37g fat



Roasted peanuts

1/4 cup(s)- 230 cals



Super simple green smoothie

230 cals

Snacks

385 cals, 24g protein, 38g net carbs, 6g fat



Blackberries

2 cup(s)- 139 cals



Protein bar

1 bar- 245 cals

Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

Lunch

1090 cals, 37g protein, 76g net carbs, 62g fat



Spiced coconut lentil soup

1089 cals

Dinner

1045 cals, 52g protein, 73g net carbs, 53g fat



Simple vegan garlic bread

2 slice(s)- 252 cals



Curried lentils

482 cals



Soy milk

3 2/3 cup(s)- 311 cals

Day 7

3504 cals ● 249g protein (28%) ● 123g fat (32%) ● 311g carbs (35%) ● 40g fiber (5%)

Breakfast

460 cals, 11g protein, 17g net carbs, 37g fat



Roasted peanuts

1/4 cup(s)- 230 cals



Super simple green smoothie

230 cals

Snacks

385 cals, 24g protein, 38g net carbs, 6g fat



Blackberries

2 cup(s)- 139 cals



Protein bar

1 bar- 245 cals

Lunch

1140 cals, 40g protein, 156g net carbs, 36g fat



Tofu curry with rice

748 cals



Naan bread

1 1/2 piece(s)- 393 cals

Dinner

1030 cals, 65g protein, 96g net carbs, 41g fat



High-protein granola bar

1 bar(s)- 204 cals



Watermelon

8 oz- 82 cals



Crispy chik'n tenders

13 tender(s)- 743 cals

Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

Grocery List



Baked Products

- naan bread
4 1/2 piece(s) (405g)
- bread
16 oz (448g)

Nut and Seed Products

- coconut milk, canned
2 1/2 can (1173mL)
- pistachios, shelled
1 cup (123g)
- sesame seeds
1/2 tbsp (5g)

Legumes and Legume Products

- peanut butter
2 tbsp (32g)
- soy sauce
2 oz (48mL)
- tempeh
3/4 lbs (340g)
- firm tofu
2 1/2 lbs (1120g)
- lentils, raw
2 2/3 cup (512g)
- refried beans
1 cup (242g)
- roasted peanuts
1 cup (146g)

Sweets

- sugar
2 tbsp (26g)

Fats and Oils

- oil
5 3/4 oz (174mL)
- olive oil
2 1/2 oz (80mL)

Other

- curry paste
2/3 oz (23g)
- vegan cheese, sliced
6 slice(s) (121g)

Cereal Grains and Pasta

- seitan
2/3 lbs (302g)
- long-grain white rice
1/2 cup (93g)

Beverages

- protein powder
33 scoop (1/3 cup ea) (1023g)
- water
44 cup(s) (10447mL)
- almond milk, unsweetened
1 1/2 cup (360mL)

Breakfast Cereals

- flavored instant oatmeal
3 packet (129g)
- breakfast cereal
3 serving (90g)

Spices and Herbs

- salt
1 tbsp (16g)
- black pepper
1/2 tbsp, ground (4g)
- paprika
4 dash (1g)
- curry powder
2 tbsp (13g)

Fruits and Fruit Juices

- dried cranberries
3/4 cup (120g)
- canned pineapple
3 cup, chunks (543g)
- pears
2 medium (356g)
- blackberries
4 cup (576g)
- pineapple, frozen
1 cup, chunks (165g)
- Watermelon
8 oz (227g)

Snacks

- soy milk yogurt**
3 container(s) (451g)
- guacamole, store-bought**
1/2 cup (124g)
- frozen riced cauliflower**
1 cup, prepared (191g)
- soy milk, unsweetened**
7 1/3 cup(s) (mL)
- diced tomatoes**
1 can(s) (420g)
- protein bar (20g protein)**
2 bar (100g)
- curry sauce**
1/2 jar (15 oz) (213g)
- meatless chik'n tenders**
13 pieces (332g)

Soups, Sauces, and Gravies

- chili garlic sauce**
1/3 tsp (2g)
- oyster sauce**
1/3 tsp (2g)
- barbecue sauce**
3/4 cup (209g)

Vegetables and Vegetable Products

- fresh ginger**
10 1/4 g (10g)
- garlic**
16 1/2 clove(s) (49g)
- onion**
2 medium (2-1/2" dia) (223g)
- fresh spinach**
4 1/3 10oz package (1232g)
- green onions**
2 2/3 medium (4-1/8" long) (40g)
- tomatoes**
24 cherry tomatoes (408g)
- sweet potatoes**
2 2/3 sweetpotato, 5" long (560g)
- broccoli**
3 3/4 cup chopped (341g)
- frozen chopped spinach**
1 10 oz package (284g)
- ketchup**
3 1/4 tbsp (55g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

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 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.

Breakfast 2 ↗

Eat on day 4 and day 5

Pear

1 pear(s) - 113 cals ● 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.

Southwest avocado toast

2 toast(s) - 386 cals ● 17g protein ● 13g fat ● 36g carbs ● 14g fiber



For single meal:

bread
2 slice(s) (64g)
guacamole, store-bought
4 tbsp (62g)
refried beans
1/2 cup (121g)
fresh spinach
1/4 cup(s) (8g)

For all 2 meals:

bread
4 slice(s) (128g)
guacamole, store-bought
1/2 cup (124g)
refried beans
1 cup (242g)
fresh spinach
1/2 cup(s) (15g)

1. Toast bread, if desired. Heat refried beans by transferring them to a microwave-safe bowl and microwaving for 1-3 minutes, stirring halfway through.
2. Spread refried beans over bread and top with guacamole and spinach. Serve.

Breakfast 3 ↗

Eat on day 6 and day 7

Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

roasted peanuts
4 tbsp (37g)

For all 2 meals:

roasted peanuts
1/2 cup (73g)

1. The recipe has no instructions.

Super simple green smoothie

230 cals ● 3g protein ● 18g fat ● 12g carbs ● 2g fiber



For single meal:

fresh spinach
1/2 cup(s) (15g)
coconut milk, canned
6 tbsp (90mL)
pineapple, frozen
1/2 cup, chunks (83g)

For all 2 meals:

fresh spinach
1 cup(s) (30g)
coconut milk, canned
3/4 cup (180mL)
pineapple, frozen
1 cup, chunks (165g)

1. Blend coconut milk and spinach in a blender until completely smooth.
2. Add frozen pineapple chunks and blend again, until smooth.
3. Serve.

Lunch 1 ↗

Eat on day 1 and day 2

Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

tempeh
6 oz (170g)
oil
1 tbsp (15mL)

For all 2 meals:

tempeh
3/4 lbs (340g)
oil
2 tbsp (30mL)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

Sweet potato wedges

347 cals ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



For single meal:

oil
1 tbsp (15mL)
salt
1/4 tbsp (4g)
black pepper
1/3 tsp, ground (1g)
sweet potatoes, cut into wedges
1 1/3 sweetpotato, 5" long (280g)

For all 2 meals:

oil
2 tbsp (30mL)
salt
1/2 tbsp (8g)
black pepper
1/4 tbsp, ground (2g)
sweet potatoes, cut into wedges
2 2/3 sweetpotato, 5" long (560g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Simple sauteed spinach

398 cals ● 14g protein ● 29g fat ● 9g carbs ● 11g fiber



For single meal:

black pepper
4 dash, ground (1g)
salt
4 dash (3g)
olive oil
2 tbsp (30mL)
fresh spinach
16 cup(s) (480g)
garlic, diced
2 clove (6g)

For all 2 meals:

black pepper
1 tsp, ground (2g)
salt
1 tsp (6g)
olive oil
4 tbsp (60mL)
fresh spinach
32 cup(s) (960g)
garlic, diced
4 clove (12g)

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.

Lunch 2 ↗

Eat on day 3

Vegan grilled cheese

3 sandwich(es) - 993 cals ● 30g protein ● 47g fat ● 101g carbs ● 11g fiber



Makes 3 sandwich(es)

bread
6 slice (192g)
oil
1 tbsp (15mL)
vegan cheese, sliced
6 slice(s) (121g)

1. Preheat skillet to medium-low with half of the oil.
2. Place one slice of bread on the skillet and top with cheese and the other slice of bread.
3. Grill until lightly browned—remove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.

Soy milk yogurt

3 container - 407 cals ● 18g protein ● 11g fat ● 59g carbs ● 1g fiber



Makes 3 container

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

1. The recipe has no instructions.

Lunch 3 ↗

Eat on day 4

Roasted peanuts

1/2 cup(s) - 460 cals ● 18g protein ● 37g fat ● 9g carbs ● 6g fiber

Makes 1/2 cup(s)

roasted peanuts

1/2 cup (73g)



1. The recipe has no instructions.

Low carb asian tofu bowl

589 cals ● 30g protein ● 44g fat ● 12g carbs ● 8g fiber



broccoli

3/4 cup chopped (68g)

frozen riced cauliflower

1 cup, prepared (191g)

soy sauce

3 tbsp (45mL)

oil

2 1/4 tbsp (34mL)

sesame seeds

1/2 tbsp (5g)

firm tofu, drained and patted dry

1/2 lbs (213g)

garlic, minced

1 1/2 clove (5g)

fresh ginger, minced

1/2 tbsp (3g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.

Lunch 4 ↗

Eat on day 5 and day 6

Spiced coconut lentil soup

1089 cals ● 37g protein ● 62g fat ● 76g carbs ● 20g fiber



For single meal:

paprika
2 dash (1g)
diced tomatoes
1/2 can(s) (210g)
water
2 1/2 cup(s) (593mL)
coconut milk, canned
1/2 can (226mL)
curry powder
1 tbsp (6g)
oil
1 tbsp (15mL)
frozen chopped spinach
1/2 10 oz package (142g)
onion, diced
1/2 large (75g)
garlic, diced
2 1/2 clove(s) (8g)
fresh ginger, diced
1 slices (1" dia) (2g)
lentils, raw, rinsed
1/2 cup (96g)

For all 2 meals:

paprika
4 dash (1g)
diced tomatoes
1 can(s) (420g)
water
5 cup(s) (1185mL)
coconut milk, canned
1 can (451mL)
curry powder
2 tbsp (13g)
oil
2 tbsp (30mL)
frozen chopped spinach
1 10 oz package (284g)
onion, diced
1 large (150g)
garlic, diced
5 clove(s) (15g)
fresh ginger, diced
2 slices (1" dia) (4g)
lentils, raw, rinsed
1 cup (192g)

1. Heat oil in a large saucepan over medium heat and add the onions. Cook until translucent, about 7 minutes.
2. Add in garlic and ginger and cook, stirring frequently, for about 4 minutes.
3. Add in curry powder and paprika and cook for 1 minute, stirring constantly.
4. Stir in coconut milk, lentils and water. Bring to a boil, lower heat and simmer for about 30 minutes.
5. Chop frozen spinach into pieces and stir into soup along with tomatoes. Stir frequently.
6. Once spinach has thawed and soup is heated throughout, serve.

Lunch 5 ↗

Eat on day 7

Tofu curry with rice

748 cals ● 27g protein ● 29g fat ● 90g carbs ● 5g fiber



curry sauce

1/2 jar (15 oz) (213g)

oil

1 tsp (5mL)

firm tofu

1/2 lbs (227g)

long-grain white rice

1/2 cup (93g)

1. Cook rice according to package.
2. Drain and rinse tofu. Pat dry and press gently to get any extra liquid.
3. Cube tofu into rough, bite-sized chunks.
4. Heat oil in skillet over high heat. Add tofu and do not stir until the bottoms are browned, about 5 minutes.
5. Then gently stir and continue cooking tofu until all sides are browned.
6. Pour in curry sauce. Bring to a simmer and cook until heated through.
7. Serve tofu curry over rice.

Naan bread

1 1/2 piece(s) - 393 cals ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber

Makes 1 1/2 piece(s)

naan bread

1 1/2 piece(s) (135g)



1. The recipe has no instructions.

Snacks 1 ↗

Eat on day 1 and day 2

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.

Pistachios

375 cals ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



For single meal:

pistachios, shelled

1/2 cup (62g)

For all 2 meals:

pistachios, shelled

1 cup (123g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Dried cranberries

1/4 cup - 136 cals ● 0g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

dried cranberries

4 tbsp (40g)

For all 3 meals:

dried cranberries

3/4 cup (120g)

1. The recipe has no instructions.

Breakfast cereal with protein almond milk

224 cals ● 17g protein ● 5g fat ● 25g carbs ● 3g fiber



For single meal:

breakfast cereal

1 serving (30g)

almond milk, unsweetened

1/2 cup (120mL)

protein powder

1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

breakfast cereal

3 serving (90g)

almond milk, unsweetened

1 1/2 cup (360mL)

protein powder

1 1/2 scoop (1/3 cup ea) (47g)

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.

Snacks 3 ↗

Eat on day 6 and day 7

Blackberries

2 cup(s) - 139 cals ● 4g protein ● 1g fat ● 12g carbs ● 15g fiber



For single meal:

blackberries

2 cup (288g)

For all 2 meals:

blackberries

4 cup (576g)

1. Rinse blackberries and serve.

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.

Dinner 1 ↗

Eat on day 1 and day 2

Naan bread

1 1/2 piece(s) - 393 cals ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber

For single meal:

naan bread
1 1/2 piece(s) (135g)



For all 2 meals:

naan bread
3 piece(s) (270g)

1. The recipe has no instructions.

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.

Dinner 2 ↗

Eat on day 3 and day 4

Bbq tofu & pineapple bowl

779 cals ● 32g protein ● 27g fat ● 93g carbs ● 8g fiber



For single meal:

broccoli
1 1/2 cup chopped (137g)
firm tofu
3/4 lbs (340g)
canned pineapple
1 1/2 cup, chunks (272g)
barbecue sauce
6 tbsp (105g)
oil
3/4 tbsp (11mL)

For all 2 meals:

broccoli
3 cup chopped (273g)
firm tofu
1 1/2 lbs (680g)
canned pineapple
3 cup, chunks (543g)
barbecue sauce
3/4 cup (209g)
oil
1 1/2 tbsp (23mL)

1. Drain tofu. Pat dry with a towel and press gently to remove any extra liquid. Slice into strips and coat with oil.
2. Heat skillet over medium heat. Add tofu and do not flip until the bottoms are browned, about 5 minutes. Flip and cook for another 3-5 minutes until tofu is crisp. Remove from skillet and set aside.
3. Add broccoli to the skillet with a splash of water and cook, stirring occasionally, until steamed and softened, about 5 minutes.
4. Pour the barbecue sauce over the the tofu to coat it. Serve tofu alongside broccoli and pineapple.

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

For all 2 meals:

water
4 cup(s) (948mL)
salt
2 dash (2g)
lentils, raw, rinsed
1 cup (192g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Dinner 3 ↗

Eat on day 5 and day 6

Simple vegan garlic bread

2 slice(s) - 252 cals ● 8g protein ● 11g fat ● 25g carbs ● 4g fiber



For single meal:

bread
2 slice (64g)
olive oil
2 tsp (10mL)
garlic, minced
2 clove(s) (6g)

For all 2 meals:

bread
4 slice (128g)
olive oil
4 tsp (20mL)
garlic, minced
4 clove(s) (12g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

Curried lentils

482 cals ● 18g protein ● 25g fat ● 40g carbs ● 7g fiber



For single meal:

lentils, raw
1/3 cup (64g)
water
2/3 cup(s) (158mL)
salt
2/3 dash (1g)
coconut milk, canned
1/2 cup (120mL)
curry paste
2 tsp (10g)

For all 2 meals:

lentils, raw
2/3 cup (128g)
water
1 1/3 cup(s) (316mL)
salt
1 1/3 dash (1g)
coconut milk, canned
16 tbsp (240mL)
curry paste
4 tsp (20g)

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

3 2/3 cup(s) - 311 cals ● 26g protein ● 17g fat ● 7g carbs ● 7g fiber



For single meal:

soy milk, unsweetened
3 2/3 cup(s) (mL)

For all 2 meals:

soy milk, unsweetened
7 1/3 cup(s) (mL)

1. The recipe has no instructions.

Dinner 4 ↗

Eat on day 7

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



Makes 1 bar(s)

high-protein granola bar
1 bar (40g)

1. The recipe has no instructions.

Watermelon

8 oz - 82 cals ● 2g protein ● 0g fat ● 17g carbs ● 1g fiber



Makes 8 oz

Watermelon
8 oz (227g)

1. Slice watermelon and serve.

Crispy chik'n tenders

13 tender(s) - 743 cals ● 53g protein ● 29g fat ● 67g carbs ● 0g fiber



Makes 13 tender(s)

meatless chik'n tenders
13 pieces (332g)
ketchup
3 1/4 tbsp (55g)

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

Protein Supplement(s) ↗

Eat every day

Protein shake

4 1/2 scoop - 491 cals ● 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.