

# Meal Plan - 1400 calorie low carb 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

1424 cals ● 98g protein (28%) ● 68g fat (43%) ● 68g carbs (19%) ● 36g fiber (10%)

### Breakfast

310 cals, 8g protein, 22g net carbs, 18g fat



**Avocado**  
176 cals



**Soy milk yogurt**  
1 container- 136 cals

### Snacks

140 cals, 3g protein, 4g net carbs, 11g fat



**Walnuts**  
1/6 cup(s)- 117 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

395 cals, 25g protein, 20g net carbs, 20g fat



**Cajun tofu**  
275 cals



**Vegan buttery garlic green beans**  
121 cals

### Dinner

415 cals, 26g protein, 21g net carbs, 18g fat



**Tempeh taco salad bowl**  
416 cals

## Day 2

1430 cals ● 91g protein (26%) ● 69g fat (44%) ● 75g carbs (21%) ● 35g fiber (10%)

### Breakfast

310 cals, 8g protein, 22g net carbs, 18g fat



**Avocado**  
176 cals



**Soy milk yogurt**  
1 container- 136 cals

### Snacks

140 cals, 3g protein, 4g net carbs, 11g fat



**Walnuts**  
1/6 cup(s)- 117 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

400 cals, 18g protein, 28g net carbs, 21g fat



**Vegan cream of mushroom soup**  
401 cals

### Dinner

415 cals, 26g protein, 21g net carbs, 18g fat



**Tempeh taco salad bowl**  
416 cals

## Day 3

1384 cals ● 97g protein (28%) ● 63g fat (41%) ● 74g carbs (21%) ● 32g fiber (9%)

### Breakfast

220 cals, 13g protein, 4g net carbs, 15g fat



**Almond protein balls**  
1 ball(s)- 135 cals



**Soy milk**  
1 cup(s)- 85 cals

### Snacks

155 cals, 2g protein, 21g net carbs, 5g fat



**Orange**  
1 orange(s)- 85 cals



**Roasted pepper wedges with vegan cheese**  
2 wedge(s)- 68 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

400 cals, 18g protein, 28g net carbs, 21g fat



**Vegan cream of mushroom soup**  
401 cals

### Dinner

445 cals, 27g protein, 20g net carbs, 22g fat



**Simple kale & avocado salad**  
115 cals



**Carrot & grounds stir fry**  
332 cals

## Day 4

1376 cal ● 105g protein (30%) ● 58g fat (38%) ● 69g carbs (20%) ● 40g fiber (12%)

### Breakfast

220 cal, 13g protein, 4g net carbs, 15g fat



**Almond protein balls**  
1 ball(s)- 135 cal



**Soy milk**  
1 cup(s)- 85 cal

### Snacks

155 cal, 2g protein, 21g net carbs, 5g fat



**Orange**  
1 orange(s)- 85 cal



**Roasted pepper wedges with vegan cheese**  
2 wedge(s)- 68 cal

### Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cal

### Lunch

395 cal, 26g protein, 23g net carbs, 16g fat



**Vegan crumbles**  
1 1/4 cup(s)- 183 cal



**Roasted carrots**  
4 carrots(s)- 211 cal

### Dinner

445 cal, 27g protein, 20g net carbs, 22g fat



**Simple kale & avocado salad**  
115 cal



**Carrot & grounds stir fry**  
332 cal

## Day 5

1368 cal ● 92g protein (27%) ● 67g fat (44%) ● 72g carbs (21%) ● 29g fiber (8%)

### Breakfast

220 cal, 13g protein, 4g net carbs, 15g fat



**Almond protein balls**  
1 ball(s)- 135 cal



**Soy milk**  
1 cup(s)- 85 cal

### Snacks

165 cal, 6g protein, 12g net carbs, 6g fat



**Bell pepper strips and hummus**  
114 cal



**Raspberries**  
3/4 cup(s)- 54 cal

### Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cal

### Lunch

465 cal, 25g protein, 28g net carbs, 25g fat



**Mixed nuts**  
1/4 cup(s)- 218 cal



**Chunky canned soup (non-creamy)**  
1 can(s)- 247 cal

### Dinner

355 cal, 11g protein, 27g net carbs, 20g fat



**Tofu marsala**  
217 cal



**Simple mixed greens salad**  
136 cal

## Day 6

1419 cals ● 100g protein (28%) ● 61g fat (39%) ● 84g carbs (24%) ● 33g fiber (9%)

### Breakfast

200 cals, 4g protein, 14g net carbs, 12g fat



**Blueberry nut apple slices**  
1/2 apple(s)- 198 cals

### Snacks

165 cals, 6g protein, 12g net carbs, 6g fat



**Bell pepper strips and hummus**  
114 cals



**Raspberries**  
3/4 cup(s)- 54 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

465 cals, 25g protein, 28g net carbs, 25g fat



**Mixed nuts**  
1/4 cup(s)- 218 cals



**Chunky canned soup (non-creamy)**  
1 can(s)- 247 cals

### Dinner

425 cals, 28g protein, 28g net carbs, 18g fat



**Peach**  
1 peach(es)- 66 cals



**Seitan salad**  
359 cals

## Day 7

1428 cals ● 113g protein (32%) ● 61g fat (39%) ● 74g carbs (21%) ● 31g fiber (9%)

### Breakfast

200 cals, 4g protein, 14g net carbs, 12g fat



**Blueberry nut apple slices**  
1/2 apple(s)- 198 cals

### Snacks

165 cals, 6g protein, 12g net carbs, 6g fat



**Bell pepper strips and hummus**  
114 cals



**Raspberries**  
3/4 cup(s)- 54 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

475 cals, 38g protein, 18g net carbs, 25g fat



**Vegan bangers and cauliflower mash**  
1 sausage link(s)- 361 cals



**Soy milk**  
1 1/3 cup(s)- 113 cals

### Dinner

425 cals, 28g protein, 28g net carbs, 18g fat



**Peach**  
1 peach(es)- 66 cals



**Seitan salad**  
359 cals

## Nut and Seed Products

- ☐ walnuts  
1 1/2 oz (41g)
- ☐ almond butter  
2 3/4 oz (79g)
- ☐ mixed nuts  
1/2 cup (67g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
24 cherry tomatoes (408g)
- ☐ garlic  
5 3/4 clove(s) (17g)
- ☐ fresh green beans  
10 oz (283g)
- ☐ cauliflower  
4 cup chopped (428g)
- ☐ mushrooms  
1/2 lbs (245g)
- ☐ onion  
2 medium (2-1/2" dia) (205g)
- ☐ kale leaves  
1/2 bunch (85g)
- ☐ carrots  
6 2/3 large (480g)
- ☐ fresh cilantro  
2 tbsp, chopped (6g)
- ☐ bell pepper  
3 medium (357g)
- ☐ potatoes  
2 1/2 oz (71g)
- ☐ shallots  
1/4 shallot (28g)
- ☐ fresh spinach  
4 cup(s) (120g)

## Fruits and Fruit Juices

- ☐ avocados  
2 3/4 avocado(s) (553g)
- ☐ lemon juice  
1 tsp (5mL)
- ☐ lemon  
1/2 small (29g)
- ☐ lime juice  
2 tsp (10mL)
- ☐ orange  
2 orange (308g)
- ☐ raspberries  
2 1/4 cup (277g)

## Legumes and Legume Products

- ☐ tempeh  
6 oz (170g)
- ☐ refried beans  
3/4 cup (182g)
- ☐ firm tofu  
2/3 lbs (319g)
- ☐ vegetarian burger crumbles  
1 package (12 oz) (352g)
- ☐ soy sauce  
2 tbsp (30mL)
- ☐ hummus  
2/3 cup (162g)

## Spices and Herbs

- ☐ taco seasoning mix  
1 1/2 tbsp (13g)
- ☐ cajun seasoning  
1 tsp (2g)
- ☐ salt  
1 1/3 tsp (8g)
- ☐ lemon pepper  
2 dash (0g)
- ☐ black pepper  
2 tsp, ground (5g)
- ☐ onion powder  
4 tsp (10g)
- ☐ crushed red pepper  
1/3 tsp (1g)
- ☐ balsamic vinegar  
1/4 tbsp (4mL)

## Soups, Sauces, and Gravies

- ☐ salsa  
1/4 cup (81g)
- ☐ vegetable broth  
1/4 cup(s) (mL)
- ☐ chunky canned soup (non-creamy varieties)  
2 can (~19 oz) (1052g)

## Fats and Oils

- ☐ oil  
2 1/2 oz (79mL)
- ☐ salad dressing  
5 tbsp (75mL)

## Beverages

- ☐ **apples**  
1 medium (3" dia) (182g)
- ☐ **blueberries**  
4 tbsp (37g)
- ☐ **peach**  
2 medium (2-2/3" dia) (300g)

## Other

- ☐ **soy milk yogurt**  
2 container(s) (301g)
  - ☐ **mixed greens**  
3 3/4 cup (113g)
  - ☐ **vegan butter**  
1 3/4 tbsp (25g)
  - ☐ **almond flour**  
1 1/2 tbsp (11g)
  - ☐ **soy milk, unsweetened**  
4 1/3 cup(s) (mL)
  - ☐ **vegan cheese, shredded**  
1 oz (28g)
  - ☐ **nutritional yeast**  
2 tsp (3g)
  - ☐ **frozen cauliflower**  
3/4 cup (85g)
  - ☐ **vegan sausage**  
1 sausage (100g)
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- ☐ **protein powder**  
3/4 lbs (334g)
- ☐ **water**  
2/3 gallon (2534mL)
- ☐ **almond milk, unsweetened**  
4 cup(s) (960mL)

## Cereal Grains and Pasta

- ☐ **cornstarch**  
4 dash (1g)
- ☐ **seitan**  
6 oz (170g)

## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

For all 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

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

### Soy milk yogurt

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



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

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### Almond protein balls

1 ball(s) - 135 cals ● 6g protein ● 10g fat ● 2g carbs ● 2g fiber



For single meal:

**almond butter**  
1 tbsp (16g)  
**almond flour**  
1/2 tbsp (4g)  
**protein powder**  
1/2 tbsp (3g)

For all 3 meals:

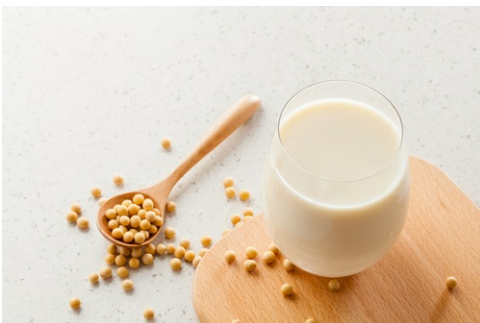
**almond butter**  
3 tbsp (47g)  
**almond flour**  
1 1/2 tbsp (11g)  
**protein powder**  
1 1/2 tbsp (9g)

1. Mix all ingredients together until well incorporated.
2. Form into balls.
3. Store any leftovers in an airtight container in the fridge.

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### Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



For single meal:

**soy milk, unsweetened**  
1 cup(s) (mL)

For all 3 meals:

**soy milk, unsweetened**  
3 cup(s) (mL)

1. The recipe has no instructions.
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## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Blueberry nut apple slices

1/2 apple(s) - 198 cals ● 4g protein ● 12g fat ● 14g carbs ● 5g fiber



For single meal:

**apples**  
1/2 medium (3" dia) (91g)  
**almond butter**  
1 tbsp (16g)  
**blueberries**  
2 tbsp (19g)  
**walnuts, chopped**  
2 walnuts (4g)

For all 2 meals:

**apples**  
1 medium (3" dia) (182g)  
**almond butter**  
2 tbsp (32g)  
**blueberries**  
4 tbsp (37g)  
**walnuts, chopped**  
4 walnuts (8g)

1. Cut apple into slices (approx. 6 slices per apple). Cut out the core and seeds at the center of the slices with a knife.
2. Spread almond butter on slices and top with blueberries and chopped walnuts. Serve.

## Lunch 1 [↗](#)

Eat on day 1

### Cajun tofu

275 cals ● 19g protein ● 19g fat ● 6g carbs ● 1g fiber



**cajun seasoning**  
1 tsp (2g)  
**oil**  
1 3/4 tsp (9mL)  
**firm tofu, patted dry & cubed**  
1/2 lbs (248g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

### Vegan buttery garlic green beans

121 cals ● 6g protein ● 1g fat ● 14g carbs ● 8g fiber



**salt**  
1/3 tsp (2g)  
**lemon pepper**  
2 dash (0g)  
**vegan butter**  
1 1/4 tbsp (18g)  
**garlic, minced**  
2 clove(s) (6g)  
**fresh green beans, trimmed, snapped in half**  
10 oz (283g)

1. Place green beans in a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
5. Serve.

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## Lunch 2 [↗](#)

Eat on day 2 and day 3

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### Vegan cream of mushroom soup

401 cal ● 18g protein ● 21g fat ● 28g carbs ● 7g fiber



For single meal:

**black pepper**  
1 tsp, ground (2g)  
**oil**  
1 tsp (5mL)  
**salt**  
4 dash (3g)  
**onion powder**  
2 tsp (5g)  
**almond milk, unsweetened**  
2 cup(s) (480mL)  
**cauliflower**  
2 cup chopped (214g)  
**mushrooms, diced**  
1 1/2 cup, pieces or slices (105g)  
**onion, diced**  
1/2 small (35g)  
**garlic, diced**  
1 clove (3g)

For all 2 meals:

**black pepper**  
2 tsp, ground (5g)  
**oil**  
2 tsp (10mL)  
**salt**  
1 tsp (6g)  
**onion powder**  
4 tsp (10g)  
**almond milk, unsweetened**  
4 cup(s) (960mL)  
**cauliflower**  
4 cup chopped (428g)  
**mushrooms, diced**  
3 cup, pieces or slices (210g)  
**onion, diced**  
1 small (70g)  
**garlic, diced**  
2 clove (6g)

1. In a small saucepan, heat the cauliflower, almond milk, onion powder, salt, and pepper. Bring to a boil.
  2. Once boiling, reduce heat, and continue cooking for 8 minutes.
  3. Blend the cauliflower mixture with a food processor, blender or immersion blender.
  4. In a deep pan, add the oil, mushrooms, onion and garlic and cook over medium heat until onions soften, about 10 minutes.
  5. Add cauliflower mixture to the mushrooms, cover, and bring to a boil. Let simmer for 10 minutes. Serve.
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## Lunch 3 [↗](#)

Eat on day 4

### Vegan crumbles

1 1/4 cup(s) - 183 cals ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



Makes 1 1/4 cup(s)

**vegetarian burger crumbles**  
1 1/4 cup (125g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

### Roasted carrots

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



Makes 4 carrots(s)

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

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.

## Lunch 4 [↗](#)

Eat on day 5 and day 6

### Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

**mixed nuts**  
4 tbsp (34g)

For all 2 meals:

**mixed nuts**  
1/2 cup (67g)

1. The recipe has no instructions.

### Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:  
**chunky canned soup (non-creamy varieties)**  
1 can (~19 oz) (526g)

For all 2 meals:  
**chunky canned soup (non-creamy varieties)**  
2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

## Lunch 5 [🔗](#)

Eat on day 7

### Vegan bangers and cauliflower mash

1 sausage link(s) - 361 cals ● 29g protein ● 19g fat ● 16g carbs ● 3g fiber



Makes 1 sausage link(s)

**frozen cauliflower**  
3/4 cup (85g)  
**oil**  
1/2 tbsp (8mL)  
**vegan sausage**  
1 sausage (100g)  
**onion, thinly sliced**  
1/2 small (35g)

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.

### Soy milk

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



Makes 1 1/3 cup(s)

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

1. The recipe has no instructions.



## Snacks 1 [🔗](#)

Eat on day 1 and day 2

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### Walnuts

1/6 cup(s) - 117 cals ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
2 2/3 tbsp, shelled (17g)

For all 2 meals:

**walnuts**  
1/3 cup, shelled (33g)

1. The recipe has no instructions.
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### 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.
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## Snacks 2 [↗](#)

Eat on day 3 and day 4

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### 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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### Roasted pepper wedges with vegan cheese

2 wedge(s) - 68 cals ● 1g protein ● 4g fat ● 5g carbs ● 2g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**bell pepper**  
1/2 medium (60g)  
**vegan cheese, shredded**  
1/2 oz (14g)

For all 2 meals:

**oil**  
1/2 tsp (3mL)  
**bell pepper**  
1 medium (119g)  
**vegan cheese, shredded**  
1 oz (28g)

1. Preheat oven or toaster oven to 400°F (200°C).
  2. Slice the sides off the bell pepper to make wedges, 4 per pepper.
  3. Rub wedges with oil and season with a sprinkle of salt and pepper. Place pepper wedges on a lined baking sheet and bake for 15 minutes.
  4. Remove sheet from oven and add the vegan cheese into the wedges. Bake another 7 minutes until cheese is bubbly.
  5. Serve and enjoy.
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## Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

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### Bell pepper strips and hummus

114 cals ● 5g protein ● 5g fat ● 7g carbs ● 5g fiber



For single meal:

**hummus**  
1/4 cup (54g)  
**bell pepper**  
2/3 medium (79g)

For all 3 meals:

**hummus**  
2/3 cup (162g)  
**bell pepper**  
2 medium (238g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

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### Raspberries

3/4 cup(s) - 54 cals ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

**raspberries**  
3/4 cup (92g)

For all 3 meals:

**raspberries**  
2 1/4 cup (277g)

1. Rinse raspberries and serve.
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## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Tempeh taco salad bowl

416 cals ● 26g protein ● 18g fat ● 21g carbs ● 17g fiber



For single meal:

**tempeh**  
3 oz (85g)  
**taco seasoning mix**  
3/4 tbsp (6g)  
**mixed greens**  
6 tbsp (11g)  
**salsa**  
2 1/4 tbsp (41g)  
**refried beans**  
6 tbsp (91g)  
**oil**  
3/8 tsp (2mL)  
**avocados, cubed**  
3/8 avocado(s) (75g)

For all 2 meals:

**tempeh**  
6 oz (170g)  
**taco seasoning mix**  
1 1/2 tbsp (13g)  
**mixed greens**  
3/4 cup (23g)  
**salsa**  
1/4 cup (81g)  
**refried beans**  
3/4 cup (182g)  
**oil**  
1/4 tbsp (4mL)  
**avocados, cubed**  
3/4 avocado(s) (151g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; set aside.
3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

**kale leaves, chopped**  
1/4 bunch (43g)  
**avocados, chopped**  
1/4 avocado(s) (50g)  
**lemon, juiced**  
1/4 small (15g)

For all 2 meals:

**kale leaves, chopped**  
1/2 bunch (85g)  
**avocados, chopped**  
1/2 avocado(s) (101g)  
**lemon, juiced**  
1/2 small (29g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

## Carrot & grounds stir fry



332 cals ● 25g protein ● 15g fat ● 15g carbs ● 10g fiber



For single meal:

**carrots**  
1 1/3 large (96g)  
**vegetarian burger crumbles**  
4 oz (113g)  
**soy sauce**  
3 tsp (15mL)  
**water**  
2 tsp (10mL)  
**crushed red pepper**  
1 1/3 dash (0g)  
**lime juice**  
1 tsp (5mL)  
**oil**  
2 tsp (10mL)  
**garlic, minced**  
2/3 clove(s) (2g)  
**onion, chopped**  
1/3 large (50g)  
**fresh cilantro, chopped**  
3 tsp, chopped (3g)

For all 2 meals:

**carrots**  
2 2/3 large (192g)  
**vegetarian burger crumbles**  
1/2 lbs (227g)  
**soy sauce**  
2 tbsp (30mL)  
**water**  
4 tsp (20mL)  
**crushed red pepper**  
1/3 tsp (1g)  
**lime juice**  
2 tsp (10mL)  
**oil**  
4 tsp (20mL)  
**garlic, minced**  
1 1/3 clove(s) (4g)  
**onion, chopped**  
2/3 large (100g)  
**fresh cilantro, chopped**  
2 tbsp, chopped (6g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro,

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## Dinner 3 [↗](#)

Eat on day 5

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### Tofu marsala

217 cals ● 9g protein ● 11g fat ● 18g carbs ● 3g fiber



**vegan butter**  
1/2 tbsp (7g)  
**cornstarch**  
4 dash (1g)  
**oil**  
1/2 tbsp (8mL)  
**balsamic vinegar**  
1/4 tbsp (4mL)  
**potatoes, peeled & quartered**  
2 1/2 oz (71g)  
**vegetable broth, hot**  
1/4 cup(s) (mL)  
**mushrooms, sliced**  
1 1/4 oz (35g)  
**shallots, minced**  
1/4 shallot (28g)  
**garlic, minced**  
1/2 clove(s) (2g)  
**firm tofu, patted dry & cubed**  
2 1/2 oz (71g)

1. Add potatoes to a large pot and cover with water. Bring to a simmer and cook for 10-15 minutes or until potatoes are fork-tender. Drain and return potatoes to the pot. Add butter and some salt and pepper. Mash with a fork until smooth. Set mashed potatoes aside.
2. In a small bowl, mix the hot broth with the cornstarch and some salt. Stir until incorporated. Set broth mixture aside.
3. Heat just half of the oil in a skillet over medium-high heat. Add the tofu and some salt and pepper. Cook, stirring occasionally until crisp, 4-6 minutes. Transfer tofu to a plate.
4. Heat remaining oil in the same skillet. Add mushrooms and shallot and cook 3-5 until mushrooms begin to brown. Add garlic and cook another minute until fragrant.
5. Add broth and balsamic vinegar. Bring to a simmer and cook until thickened, about 3-5 minutes.
6. Return tofu to the skillet and bring to a simmer. Season to taste with some salt and pepper.
7. Serve tofu marsala with mashed potatoes.

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## Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.
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## Dinner 4 [🔗](#)

Eat on day 6 and day 7

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### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**

1 medium (2-2/3" dia) (150g)

For all 2 meals:

**peach**

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

1. The recipe has no instructions.
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### Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

**oil**

1 tsp (5mL)

**nutritional yeast**

1 tsp (1g)

**salad dressing**

1 tbsp (15mL)

**fresh spinach**

2 cup(s) (60g)

**seitan, crumbled or sliced**

3 oz (85g)

**tomatoes, halved**

6 cherry tomatoes (102g)

**avocados, chopped**

1/4 avocado(s) (50g)

For all 2 meals:

**oil**

2 tsp (10mL)

**nutritional yeast**

2 tsp (3g)

**salad dressing**

2 tbsp (30mL)

**fresh spinach**

4 cup(s) (120g)

**seitan, crumbled or sliced**

6 oz (170g)

**tomatoes, halved**

12 cherry tomatoes (204g)

**avocados, chopped**

1/2 avocado(s) (101g)

1. Heat the oil in a skillet over medium heat.
  2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
  3. Place the seitan on a bed of spinach.
  4. Top with tomatoes, avocado, and salad dressing. Serve.
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# Protein Supplement(s)

Eat every day

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## Protein shake

1 1/2 scoop - 164 cals ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

- protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)
- water**  
1 1/2 cup(s) (356mL)

For all 7 meals:

- protein powder**  
10 1/2 scoop (1/3 cup ea) (326g)
- water**  
10 1/2 cup(s) (2489mL)

1. The recipe has no instructions.
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