

Meal Plan - 1500 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

1471 cals ● 98g protein (27%) ● 70g fat (43%) ● 79g carbs (21%) ● 32g fiber (9%)

Breakfast

285 cals, 16g protein, 7g net carbs, 19g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Sunflower seeds

180 cals



Soy milk

1 cup(s)- 85 cals

Lunch

495 cals, 24g protein, 32g net carbs, 25g fat



Veggie burger patty

2 patty- 254 cals



Sautéed Kale

242 cals

Snacks

140 cals, 3g protein, 7g net carbs, 10g fat



Kale chips

138 cals

Dinner

390 cals, 18g protein, 30g net carbs, 16g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Chickpea & kale soup

273 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Day 2

1503 cals ● 97g protein (26%) ● 88g fat (53%) ● 61g carbs (16%) ● 19g fiber (5%)

Breakfast

285 cals, 16g protein, 7g net carbs, 19g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Sunflower seeds

180 cals



Soy milk

1 cup(s)- 85 cals

Snacks

140 cals, 3g protein, 7g net carbs, 10g fat



Kale chips

138 cals

Lunch

415 cals, 20g protein, 32g net carbs, 21g fat



Roasted peanuts

1/6 cup(s)- 173 cals



Crispy chick'n tenders

3 tender(s)- 171 cals



Nectarine

1 nectarine(s)- 70 cals

Dinner

500 cals, 21g protein, 14g net carbs, 38g fat



Spicy sriracha peanut tofu

171 cals



Roasted tomatoes

2 1/2 tomato(es)- 149 cals



Pumpkin seeds

183 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Day 3

1537 cals ● 97g protein (25%) ● 85g fat (50%) ● 72g carbs (19%) ● 22g fiber (6%)

Breakfast

205 cals, 5g protein, 22g net carbs, 9g fat



Orange

1 orange(s)- 85 cals



Rice cakes with peanut butter

1/2 cake(s)- 120 cals

Snacks

175 cals, 4g protein, 8g net carbs, 13g fat



Walnuts

1/8 cup(s)- 87 cals



Cherry tomatoes

6 cherry tomatoes- 21 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

575 cals, 25g protein, 11g net carbs, 45g fat



Walnut crusted tofu (vegan)

426 cals



Simple sauteed spinach

149 cals

Dinner

415 cals, 27g protein, 29g net carbs, 19g fat



Chik'n nuggets

5 nuggets- 276 cals



Soy milk

1 2/3 cup(s)- 141 cals

Day 4

1537 cals ● 97g protein (25%) ● 85g fat (50%) ● 72g carbs (19%) ● 22g fiber (6%)

Breakfast

205 cals, 5g protein, 22g net carbs, 9g fat



Orange

1 orange(s)- 85 cals



Rice cakes with peanut butter

1/2 cake(s)- 120 cals

Snacks

175 cals, 4g protein, 8g net carbs, 13g fat



Walnuts

1/8 cup(s)- 87 cals



Cherry tomatoes

6 cherry tomatoes- 21 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

575 cals, 25g protein, 11g net carbs, 45g fat



Walnut crusted tofu (vegan)

426 cals



Simple sauteed spinach

149 cals

Dinner

415 cals, 27g protein, 29g net carbs, 19g fat



Chik'n nuggets

5 nuggets- 276 cals



Soy milk

1 2/3 cup(s)- 141 cals

Day 5

1460 cals ● 102g protein (28%) ● 67g fat (41%) ● 82g carbs (23%) ● 31g fiber (9%)

Breakfast

205 cals, 5g protein, 22g net carbs, 9g fat



Orange

1 orange(s)- 85 cals



Rice cakes with peanut butter

1/2 cake(s)- 120 cals

Lunch

440 cals, 26g protein, 32g net carbs, 18g fat



Vegan crumbles

3/4 cup(s)- 110 cals



Beets

6 beets- 145 cals



Pistachios

188 cals

Snacks

175 cals, 4g protein, 8g net carbs, 13g fat



Walnuts

1/8 cup(s)- 87 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals



Roasted pepper wedges with vegan cheese

2 wedge(s)- 68 cals

Dinner

475 cals, 31g protein, 19g net carbs, 27g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Seitan salad

359 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Day 6

1456 cals ● 104g protein (28%) ● 81g fat (50%) ● 51g carbs (14%) ● 27g fiber (8%)

Breakfast

230 cals, 18g protein, 7g net carbs, 13g fat



Dairy-free strawberry protein smoothie

230 cals

Snacks

145 cals, 8g protein, 6g net carbs, 9g fat



Soy milk

1 cup(s)- 85 cals



Dark chocolate

1 square(s)- 60 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

445 cals, 10g protein, 19g net carbs, 31g fat



Roasted cashews

1/4 cup(s)- 209 cals



Zoodles with avocado sauce

235 cals

Dinner

475 cals, 31g protein, 19g net carbs, 27g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Seitan salad

359 cals

Day 7

1497 cals ● 98g protein (26%) ● 74g fat (45%) ● 76g carbs (20%) ● 34g fiber (9%)

Breakfast

230 cals, 18g protein, 7g net carbs, 13g fat



Dairy-free strawberry protein smoothie
230 cals

Snacks

145 cals, 8g protein, 6g net carbs, 9g fat



Soy milk
1 cup(s)- 85 cals



Dark chocolate
1 square(s)- 60 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

445 cals, 10g protein, 19g net carbs, 31g fat



Roasted cashews
1/4 cup(s)- 209 cals



Zoodles with avocado sauce
235 cals

Dinner

515 cals, 25g protein, 44g net carbs, 20g fat



Chik'n stir fry
285 cals



Simple kale & avocado salad
230 cals

Grocery List



Spices and Herbs

- salt
1/2 tbsp (10g)
- dijon mustard
1 1/2 tbsp (23g)
- black pepper
3 dash, ground (1g)
- fresh basil
1 cup leaves, whole (24g)

Vegetables and Vegetable Products

- kale leaves
18 oz (512g)
- tomatoes
9 medium whole (2-3/5" dia) (1112g)
- garlic
6 clove(s) (18g)
- ketchup
3 1/4 tbsp (55g)
- fresh spinach
16 cup(s) (480g)
- bell pepper
2 medium (238g)
- beets, precooked (canned or refrigerated)
6 beet(s) (300g)
- zucchini
1 large (323g)
- carrots
1 small (5-1/2" long) (50g)

Fats and Oils

- olive oil
3 tbsp (42mL)
- oil
1 2/3 oz (51mL)
- vegan mayonnaise
3 tbsp (45g)
- salad dressing
2 tbsp (30mL)

Nut and Seed Products

- sunflower kernels
2 oz (57g)
- roasted pumpkin seeds, unsalted
4 tbsp (30g)
- walnuts
1/4 lbs (95g)

Legumes and Legume Products

- roasted peanuts
1/2 cup (82g)
- chickpeas, canned
1/2 can(s) (224g)
- peanut butter
1/4 cup (56g)
- soy sauce
3/4 oz (15mL)
- firm tofu
15 1/2 oz (439g)
- vegetarian burger crumbles
3/4 cup (75g)

Soups, Sauces, and Gravies

- vegetable broth
2 cup(s) (mL)

Beverages

- protein powder
10 1/2 scoop (1/3 cup ea) (326g)
- water
12 cup(s) (2832mL)
- protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
- almond milk, unsweetened
1 cup(s) (240mL)

Fruits and Fruit Juices

- nectarine
1 medium (2-1/2" dia) (142g)
- lemon juice
1 3/4 fl oz (52mL)
- orange
3 orange (462g)
- avocados
2 avocado(s) (402g)
- frozen strawberries
2/3 cup, unthawed (98g)
- lemon
1/2 small (29g)

Snacks

- rice cakes, any flavor
1 1/2 cakes (14g)

Cereal Grains and Pasta

pistachios, shelled

4 tbsp (31g)

almond butter

2 tbsp (32g)

roasted cashews

1/2 cup (69g)

seitan

6 oz (170g)

brown rice

3 tbsp (36g)

Sweets

chocolate, dark, 70-85%

2 square(s) (20g)

Other

soy milk, unsweetened

7 1/3 cup(s) (mL)

veggie burger patty

2 patty (142g)

meatless chik'n tenders

3 pieces (77g)

sriracha chili sauce

3/8 tbsp (6g)

vegan chik'n nuggets

10 nuggets (215g)

vegan cheese, shredded

1 1/2 oz (43g)

nutritional yeast

2 tsp (3g)

vegan chik'n strips

2 1/2 oz (71g)

Breakfast 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.

Sunflower seeds

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



For single meal:

sunflower kernels

1 oz (28g)

For all 2 meals:

sunflower kernels

2 oz (57g)

1. The recipe has no instructions.

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 2 meals:

soy milk, unsweetened

2 cup(s) (mL)

1. The recipe has no instructions.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

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.

Rice cakes with peanut butter

1/2 cake(s) - 120 cals ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:

peanut butter
1 tbsp (16g)
rice cakes, any flavor
1/2 cakes (5g)

For all 3 meals:

peanut butter
3 tbsp (48g)
rice cakes, any flavor
1 1/2 cakes (14g)

1. Spread peanut butter over top of rice cake.

Breakfast 3 ↗

Eat on day 6 and day 7

Dairy-free strawberry protein smoothie

230 cals ● 18g protein ● 13g fat ● 7g carbs ● 4g fiber



For single meal:

water
1/3 cup(s) (78mL)
almond butter
1 tbsp (16g)
protein powder, vanilla
1/2 scoop (1/3 cup ea) (16g)
almond milk, unsweetened
1/2 cup(s) (120mL)
frozen strawberries
1/3 cup, unthawed (49g)

For all 2 meals:

water
2/3 cup(s) (156mL)
almond butter
2 tbsp (32g)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
almond milk, unsweetened
1 cup(s) (240mL)
frozen strawberries
2/3 cup, unthawed (98g)

1. Put all ingredients into a blender and combine. Add water if needed to make the smoothie less thick.

Lunch 1 ↗

Eat on day 1

Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



Makes 2 patty

veggie burger patty
2 patty (142g)

1. Cook burger according to package instructions.
2. Serve.

Sautéed Kale

242 cals ● 4g protein ● 19g fat ● 10g carbs ● 3g fiber



kale leaves
4 cup, chopped (160g)
oil
4 tsp (20mL)

1. Heat oil in a skillet over medium-low heat. Add kale and sauté for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Lunch 2 ↗

Eat on day 2

Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber

Makes 1/6 cup(s)

roasted peanuts
3 tbsp (27g)



1. The recipe has no instructions.

Crispy chick'n tenders

3 tender(s) - 171 cals ● 12g protein ● 7g fat ● 15g carbs ● 0g fiber



Makes 3 tender(s)

meatless chick'n tenders
3 pieces (77g)
ketchup
3/4 tbsp (13g)

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

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



Makes 1 nectarine(s)

nectarine, pitted
1 medium (2-1/2" dia) (142g)

1. Remove nectarine pit, slice, and serve.

Lunch 3 ↗

Eat on day 3 and day 4

Walnut crusted tofu (vegan)

426 cals ● 20g protein ● 34g fat ● 8g carbs ● 3g fiber



For single meal:

lemon juice
1/4 tbsp (4mL)
dijon mustard
3/4 tbsp (11g)
vegan mayonnaise
1 1/2 tbsp (23g)
walnuts
4 tbsp, chopped (29g)
firm tofu, drained
6 oz (170g)
garlic, diced
1 1/2 clove(s) (5g)

For all 2 meals:

lemon juice
1/2 tbsp (8mL)
dijon mustard
1 1/2 tbsp (23g)
vegan mayonnaise
3 tbsp (45g)
walnuts
1/2 cup, chopped (58g)
firm tofu, drained
3/4 lbs (340g)
garlic, diced
3 clove(s) (9g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the vegan mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Simple sauteed spinach

149 cals ● 5g protein ● 11g fat ● 3g carbs ● 4g fiber



For single meal:

black pepper
1 1/2 dash, ground (0g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)
fresh spinach
6 cup(s) (180g)
garlic, diced
3/4 clove (2g)

For all 2 meals:

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

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

Lunch 4 ↗

Eat on day 5

Vegan crumbles

3/4 cup(s) - 110 cals ● 14g protein ● 3g fat ● 2g carbs ● 4g fiber



Makes 3/4 cup(s)

vegetarian burger crumbles

3/4 cup (75g)

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

Beets

6 beets - 145 cals ● 5g protein ● 1g fat ● 24g carbs ● 6g fiber



Makes 6 beets

beets, precooked (canned or refrigerated)

6 beet(s) (300g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Pistachios

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



pistachios, shelled

4 tbsp (31g)

1. The recipe has no instructions.

Lunch 5 ↗

Eat on day 6 and day 7

Roasted cashews

1/4 cup(s) - 209 cals ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

roasted cashews
4 tbsp (34g)

For all 2 meals:

roasted cashews
1/2 cup (69g)

1. The recipe has no instructions.

Zoodles with avocado sauce

235 cals ● 5g protein ● 16g fat ● 9g carbs ● 10g fiber



For single meal:

water
1/6 cup(s) (39mL)
lemon juice
1 1/2 tbsp (23mL)
fresh basil
1/2 cup leaves, whole (12g)
tomatoes, halved
5 cherry tomatoes (85g)
zucchini
1/2 large (162g)
avocados, peeled and seed removed
1/2 avocado(s) (101g)

For all 2 meals:

water
1/3 cup(s) (79mL)
lemon juice
3 tbsp (45mL)
fresh basil
1 cup leaves, whole (24g)
tomatoes, halved
10 cherry tomatoes (170g)
zucchini
1 large (323g)
avocados, peeled and seed removed
1 avocado(s) (201g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

Snacks 1 ↗

Eat on day 1 and day 2

Kale chips

138 cals ● 3g protein ● 10g fat ● 7g carbs ● 2g fiber



For single meal:

salt
1/4 tbsp (4g)
kale leaves
2/3 bunch (113g)
olive oil
2 tsp (10mL)

For all 2 meals:

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

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

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
2 tbsp, shelled (13g)

For all 3 meals:

walnuts
6 tbsp, shelled (38g)

1. The recipe has no instructions.

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 3 meals:
tomatoes
18 cherry tomatoes (306g)

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

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 3 meals:
oil
1/4 tbsp (4mL)
bell pepper
1 1/2 medium (179g)
vegan cheese, shredded
1 1/2 oz (43g)

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.

Snacks 3 ↗

Eat on day 6 and day 7

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 2 meals:

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

1. The recipe has no instructions.

Dark chocolate

1 square(s) - 60 cals ● 1g protein ● 4g fat ● 4g carbs ● 1g fiber



For single meal:

chocolate, dark, 70-85%
1 square(s) (10g)

For all 2 meals:

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

1. The recipe has no instructions.

Dinner 1 ↗

Eat on day 1

Roasted peanuts

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



Makes 1/8 cup(s)

roasted peanuts
2 tbsp (18g)

1. The recipe has no instructions.

Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



vegetable broth
2 cup(s) (mL)
oil
1/2 tsp (3mL)
kale leaves, chopped
1 cup, chopped (40g)
garlic, minced
1 clove(s) (3g)
chickpeas, canned, drained
1/2 can(s) (224g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and sauté 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 2 ↗

Eat on day 2

Spicy sriracha peanut tofu

171 cals ● 10g protein ● 12g fat ● 5g carbs ● 1g fiber



sriracha chili sauce
3/8 tbsp (6g)
peanut butter
1/2 tbsp (8g)
soy sauce
1/2 tsp (3mL)
water
1/8 cup(s) (20mL)
oil
1/4 tbsp (4mL)
firm tofu, patted dry & cubed
1/4 lbs (99g)
garlic, minced
1/2 clove (2g)

1. Mix sriracha, peanut butter, garlic, soy sauce, water, and some salt in a small bowl. Set aside.
2. Heat oil in a skillet over medium high heat. Fry cubed tofu until crispy, stirring occasionally.
3. Pour the sauce into the skillet and stir frequently. Cook until sauce has reduced and is crispy in places, about 4-5 minutes.
4. Serve.

Roasted tomatoes

2 1/2 tomato(es) - 149 cals ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



Makes 2 1/2 tomato(es)
oil
2 1/2 tsp (13mL)
tomatoes
2 1/2 small whole (2-2/5" dia) (228g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Pumpkin seeds

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



roasted pumpkin seeds, unsalted
4 tbsp (30g)

1. The recipe has no instructions.

Dinner 3 ↗

Eat on day 3 and day 4

Chik'n nuggets

5 nuggets - 276 cals ● 15g protein ● 11g fat ● 26g carbs ● 3g fiber



For single meal:

ketchup
1 1/4 tbsp (21g)
vegan chik'n nuggets
5 nuggets (108g)

For all 2 meals:

ketchup
2 1/2 tbsp (43g)
vegan chik'n nuggets
10 nuggets (215g)

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

Soy milk

1 2/3 cup(s) - 141 cals ● 12g protein ● 8g fat ● 3g carbs ● 3g fiber



For single meal:

soy milk, unsweetened
1 2/3 cup(s) (mL)

For all 2 meals:

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

1. The recipe has no instructions.

Dinner 4 ↗

Eat on day 5 and day 6

Roasted peanuts

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



For single meal:

roasted peanuts
2 tbsp (18g)

For all 2 meals:

roasted peanuts
4 tbsp (37g)

1. The recipe has no instructions.

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.

Dinner 5 ↗

Eat on day 7

Chik'n stir fry

285 cals ● 21g protein ● 5g fat ● 34g carbs ● 5g fiber



brown rice

3 tbsp (36g)

water

3/8 cup(s) (89mL)

soy sauce

2 1/2 tsp (12mL)

vegan chik'n strips

2 1/2 oz (71g)

bell pepper, deseeded & cut into thin strips

1/2 medium (60g)

carrots, cut into thin strips

1 small (5-1/2" long) (50g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and serve.

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



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.

Protein Supplement(s) ↗

Eat every day

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.