

# Meal Plan - 1600 calorie low carb vegan meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1606 cals ● 147g protein (37%) ● 67g fat (38%) ● 75g carbs (19%) ● 30g fiber (7%)

### Breakfast

210 cals, 7g protein, 8g net carbs, 14g fat



**Pistachios**  
188 cals



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

### Snacks

80 cals, 3g protein, 12g net carbs, 0g fat



**Clementine**  
1 clementine(s)- 39 cals



**Sugar snap peas**  
1 1/2 cup- 41 cals

### Lunch

540 cals, 44g protein, 23g net carbs, 29g fat



**Vegan bangers and cauliflower mash**  
1 1/2 sausage link(s)- 541 cals

### Dinner

560 cals, 44g protein, 29g net carbs, 23g fat



**Lentils**  
116 cals



**Basic tempeh**  
6 oz- 443 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 2

1622 cals ● 138g protein (34%) ● 63g fat (35%) ● 87g carbs (22%) ● 39g fiber (10%)

### Breakfast

210 cals, 7g protein, 8g net carbs, 14g fat



**Pistachios**  
188 cals



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

### Snacks

80 cals, 3g protein, 12g net carbs, 0g fat



**Clementine**  
1 clementine(s)- 39 cals



**Sugar snap peas**  
1 1/2 cup- 41 cals

### Lunch

555 cals, 35g protein, 36g net carbs, 25g fat



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



**Crack slaw with tempeh**  
422 cals

### Dinner

560 cals, 44g protein, 29g net carbs, 23g fat



**Lentils**  
116 cals



**Basic tempeh**  
6 oz- 443 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 3

1569 cals ● 108g protein (27%) ● 68g fat (39%) ● 89g carbs (23%) ● 43g fiber (11%)

### Breakfast

210 cals, 7g protein, 8g net carbs, 14g fat



**Pistachios**  
188 cals



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

### Lunch

485 cals, 23g protein, 44g net carbs, 15g fat



**Simple kale salad**  
2 cup(s)- 110 cals



**Raspberries**  
1 3/4 cup(s)- 126 cals



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

### Snacks

210 cals, 6g protein, 8g net carbs, 16g fat



**Sunflower seeds**  
90 cals



**Dark chocolate**  
2 square(s)- 120 cals

### Dinner

450 cals, 23g protein, 27g net carbs, 22g fat



**Zoodles marinara**  
169 cals



**Roasted peanuts**  
1/6 cup(s)- 153 cals



**Soy milk**  
1 1/2 cup(s)- 127 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 4

1585 cals ● 111g protein (28%) ● 66g fat (37%) ● 96g carbs (24%) ● 42g fiber (11%)

### Breakfast

225 cals, 11g protein, 15g net carbs, 12g fat



**High-protein granola bar**  
1 bar(s)- 204 cals



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

### Snacks

210 cals, 6g protein, 8g net carbs, 16g fat



**Sunflower seeds**  
90 cals



**Dark chocolate**  
2 square(s)- 120 cals

### Lunch

485 cals, 23g protein, 44g net carbs, 15g fat



**Simple kale salad**  
2 cup(s)- 110 cals



**Raspberries**  
1 3/4 cup(s)- 126 cals



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

### Dinner

450 cals, 23g protein, 27g net carbs, 22g fat



**Zoodles marinara**  
169 cals



**Roasted peanuts**  
1/6 cup(s)- 153 cals



**Soy milk**  
1 1/2 cup(s)- 127 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 5

1599 cals ● 105g protein (26%) ● 73g fat (41%) ● 89g carbs (22%) ● 42g fiber (11%)

### Breakfast

225 cals, 11g protein, 15g net carbs, 12g fat



**High-protein granola bar**  
1 bar(s)- 204 cals



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

### Snacks

210 cals, 6g protein, 8g net carbs, 16g fat



**Sunflower seeds**  
90 cals



**Dark chocolate**  
2 square(s)- 120 cals

### Lunch

435 cals, 19g protein, 23g net carbs, 24g fat



**Roasted peanuts**  
1/4 cup(s)- 230 cals



**Crispy chick'n tenders**  
2 tender(s)- 114 cals



**Raspberries**  
1 1/4 cup(s)- 90 cals

### Dinner

510 cals, 21g protein, 41g net carbs, 20g fat



**Mixed nuts**  
1/6 cup(s)- 145 cals



**Chipotle stewed beans & greens**  
328 cals



**Clementine**  
1 clementine(s)- 39 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 6

1632 cals ● 112g protein (27%) ● 68g fat (37%) ● 91g carbs (22%) ● 53g fiber (13%)

### Breakfast

255 cals, 12g protein, 15g net carbs, 13g fat



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



**Avocado toast**  
1 slice(s)- 168 cals

### Snacks

215 cals, 12g protein, 11g net carbs, 10g fat



**Chocolate avocado vegan chia pudding**  
172 cals



**Grapes**  
44 cals

### Lunch

435 cals, 19g protein, 23g net carbs, 24g fat



**Roasted peanuts**  
1/4 cup(s)- 230 cals



**Crispy chik'n tenders**  
2 tender(s)- 114 cals



**Raspberries**  
1 1/4 cup(s)- 90 cals

### Dinner

510 cals, 21g protein, 41g net carbs, 20g fat



**Mixed nuts**  
1/6 cup(s)- 145 cals



**Chipotle stewed beans & greens**  
328 cals



**Clementine**  
1 clementine(s)- 39 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

# Day 7

1560 cals ● 102g protein (26%) ● 73g fat (42%) ● 80g carbs (21%) ● 43g fiber (11%)

## Breakfast

255 cals, 12g protein, 15g net carbs, 13g fat



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



**Avocado toast**  
1 slice(s)- 168 cals

## Snacks

215 cals, 12g protein, 11g net carbs, 10g fat



**Chocolate avocado vegan chia pudding**  
172 cals



**Grapes**  
44 cals

## Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Lunch

435 cals, 11g protein, 26g net carbs, 28g fat



**Walnuts**  
1/4 cup(s)- 175 cals



**Black bean vegan quesadillas**  
206 cals



**Simple kale salad**  
1 cup(s)- 55 cals

## Dinner

435 cals, 19g protein, 28g net carbs, 21g fat



**Roasted peanuts**  
1/4 cup(s)- 230 cals



**Black bean & sweet potato stew**  
207 cals

# Grocery List



## Beverages

- protein powder  
14 1/2 scoop (1/3 cup ea) (450g)
- water  
16 cup(s) (3811mL)
- almond milk, unsweetened  
3/4 cup(s) (180mL)

## Fruits and Fruit Juices

- clementines  
4 fruit (296g)
- raspberries  
6 cup (738g)
- avocados  
3/4 avocado(s) (151g)
- grapes  
1 1/2 cup (138g)
- lemon juice  
1/2 tsp (3mL)

## Vegetables and Vegetable Products

- Sugar snap peas  
3 cup, whole (189g)
- tomatoes  
30 cherry tomatoes (510g)
- onion  
1 small (64g)
- garlic  
3 1/3 clove(s) (10g)
- zucchini  
3 medium (588g)
- kale leaves  
2/3 lbs (295g)
- fresh cilantro  
2 tbsp, chopped (6g)
- fresh spinach  
2 oz (57g)
- red onion  
1 medium (2-1/2" dia) (110g)
- ketchup  
1 tbsp (17g)
- tomato paste  
1 tsp (5g)
- sweet potatoes  
1/6 sweetpotato, 5" long (35g)

## Spices and Herbs

## Fats and Oils

- oil  
2 1/4 oz (69mL)
- salad dressing  
5 tbsp (75mL)

## Nut and Seed Products

- pistachios, shelled  
3/4 cup (92g)
- sunflower kernels  
2 oz (55g)
- mixed nuts  
1/3 cup (45g)
- chia seeds  
2 tbsp (28g)
- walnuts  
4 tbsp, shelled (25g)

## Other

- frozen cauliflower  
1 cup (128g)
- vegan sausage  
1 1/2 sausage (150g)
- soy milk yogurt  
1 container(s) (150g)
- coleslaw mix  
2 cup (180g)
- soy milk, unsweetened  
5 cup(s) (mL)
- meatless chik'n tenders  
4 pieces (102g)
- cacao powder  
1 tbsp (6g)
- vegan cheese, shredded  
1 tbsp (7g)

## Soups, Sauces, and Gravies

- hot sauce  
1 tsp (5mL)
- pasta sauce  
1 1/2 cup (390g)
- chunky canned soup (non-creamy varieties)  
2 can (~19 oz) (1052g)
- salsa  
1 tbsp (16g)

## Sweets

- salt**  
3/4 dash (1g)
- chipotle seasoning**  
4 dash (1g)
- ground cumin**  
2 dash (1g)

- chocolate, dark, 70-85%**  
6 square(s) (60g)

## Snacks

- high-protein granola bar**  
2 bar (80g)

## Legumes and Legume Products

- lentils, raw**  
1/3 cup (64g)
- tempeh**  
1 lbs (454g)
- roasted peanuts**  
1 cup (158g)
- black beans**  
1 1/2 can(s) (640g)

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## Baked Products

- bread**  
2 slice (64g)
- flour tortillas**  
1/2 tortilla (approx 7-8" dia) (25g)

## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Pistachios

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



For single meal:

**pistachios, shelled**  
4 tbsp (31g)

For all 3 meals:

**pistachios, shelled**  
3/4 cup (92g)

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.

## Breakfast 2 ↗

Eat on day 4 and day 5

### High-protein granola bar

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



For single meal:

**high-protein granola bar**  
1 bar (40g)

For all 2 meals:

**high-protein granola bar**  
2 bar (80g)

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 2 meals:

**tomatoes**  
12 cherry tomatoes (204g)

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

## Breakfast 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.

### Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

**bread**  
1 slice (32g)  
**avocados, ripe, sliced**  
1/4 avocado(s) (50g)

For all 2 meals:

**bread**  
2 slice (64g)  
**avocados, ripe, sliced**  
1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

## Lunch 1 ↗

Eat on day 1

### Vegan bangers and cauliflower mash

1 1/2 sausage link(s) - 541 cals ● 44g protein ● 29g fat ● 23g carbs ● 4g fiber



Makes 1 1/2 sausage link(s)

**frozen cauliflower**  
1 cup (128g)  
**oil**  
3/4 tbsp (11mL)  
**vegan sausage**  
1 1/2 sausage (150g)  
**onion, thinly sliced**  
3/4 small (53g)

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.

## Lunch 2 ↗

Eat on day 2

### Soy milk yogurt

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



Makes 1 container

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

1. The recipe has no instructions.

### Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



**coleslaw mix**  
2 cup (180g)  
**hot sauce**  
1 tsp (5mL)  
**sunflower kernels**  
1 tbsp (12g)  
**oil**  
2 tsp (10mL)  
**garlic, minced**  
1 clove (3g)  
**tempeh, cubed**  
4 oz (113g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

## Lunch 3 ↗

Eat on day 3 and day 4

### Simple kale salad

2 cup(s) - 110 cals ● 2g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

**kale leaves**  
2 cup, chopped (80g)  
**salad dressing**  
2 tbsp (30mL)

For all 2 meals:

**kale leaves**  
4 cup, chopped (160g)  
**salad dressing**  
4 tbsp (60mL)

1. Toss kale in dressing of your choice and serve.

### Raspberries

1 3/4 cup(s) - 126 cals ● 3g protein ● 1g fat ● 12g carbs ● 14g fiber



For single meal:

**raspberries**

1 3/4 cup (215g)

For all 2 meals:

**raspberries**

3 1/2 cup (431g)

1. Rinse raspberries and serve.

### 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.

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## Lunch 4 ↗

Eat on day 5 and day 6

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### 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.

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### Crispy chick'n tenders

2 tender(s) - 114 cals ● 8g protein ● 5g fat ● 10g carbs ● 0g fiber



For single meal:

**meatless chick'n tenders**  
2 pieces (51g)  
**ketchup**  
1/2 tbsp (9g)

For all 2 meals:

**meatless chick'n tenders**  
4 pieces (102g)  
**ketchup**  
1 tbsp (17g)

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

## Raspberries

1 1/4 cup(s) - 90 cals ● 2g protein ● 1g fat ● 8g carbs ● 10g fiber



For single meal:

**raspberries**  
1 1/4 cup (154g)

For all 2 meals:

**raspberries**  
2 1/2 cup (308g)

1. Rinse raspberries and serve.

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## Lunch 5 ↗

Eat on day 7

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## Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber

Makes 1/4 cup(s)

**walnuts**  
4 tbsp, shelled (25g)

1. The recipe has no instructions.



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## Black bean vegan quesadillas

206 cals ● 6g protein ● 8g fat ● 19g carbs ● 7g fiber



**oil**  
1/4 tsp (1mL)  
**flour tortillas**  
1/2 tortilla (approx 7-8" dia) (25g)  
**vegan cheese, shredded**  
1 tbsp (7g)  
**salsa, divided**  
1 tbsp (16g)  
**avocados, ripe**  
1/8 avocado(s) (25g)  
**black beans, drained and rinsed**  
1/8 can(s) (55g)

1. Combine beans, cheese and half of salsa in a medium bowl.
2. Distribute filling evenly on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
3. Heat half of the oil in a large nonstick skillet over medium heat. Add quesadilla(s) and cook, turning once and adding the other half of the oil, until golden on both sides, 2 to 4 minutes total.
4. Transfer to a cutting board and tent with foil to keep warm.
5. Serve the quesadillas with avocado and the remaining salsa.

## Simple kale salad

1 cup(s) - 55 cals ● 1g protein ● 3g fat ● 5g carbs ● 1g fiber



Makes 1 cup(s)

**kale leaves**  
1 cup, chopped (40g)  
**salad dressing**  
1 tbsp (15mL)

1. Toss kale in dressing of your choice and serve.

## Snacks 1 ↗

Eat on day 1 and day 2

### Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

**clementines**  
1 fruit (74g)

For all 2 meals:

**clementines**  
2 fruit (148g)

1. The recipe has no instructions.

### Sugar snap peas

1 1/2 cup - 41 cals ● 3g protein ● 0g fat ● 5g carbs ● 2g fiber



For single meal:

**Sugar snap peas**  
1 1/2 cup, whole (95g)

For all 2 meals:

**Sugar snap peas**  
3 cup, whole (189g)

1. Season with salt if desired and serve raw.

## Snacks 2 ↗

Eat on day 3, day 4, and day 5

### Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

**sunflower kernels**

1/2 oz (14g)

For all 3 meals:

**sunflower kernels**

1 1/2 oz (43g)

1. The recipe has no instructions.

### Dark chocolate

2 square(s) - 120 cals ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

**chocolate, dark, 70-85%**

2 square(s) (20g)

For all 3 meals:

**chocolate, dark, 70-85%**

6 square(s) (60g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 6 and day 7

### Chocolate avocado vegan chia pudding

172 cals ● 11g protein ● 9g fat ● 4g carbs ● 7g fiber



For single meal:

**avocados**  
1/2 slices (13g)  
**cacao powder**  
1/2 tbsp (3g)  
**chia seeds**  
1 tbsp (14g)  
**almond milk, unsweetened**  
3/8 cup(s) (90mL)  
**protein powder**  
1/4 scoop (1/3 cup ea) (8g)

For all 2 meals:

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

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

### Grapes

44 cals ● 1g protein ● 0g fat ● 7g carbs ● 3g fiber



For single meal:

**grapes**  
3/4 cup (69g)

For all 2 meals:

**grapes**  
1 1/2 cup (138g)

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1 and day 2

### Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

**water**  
2/3 cup(s) (158mL)  
**salt**  
1/3 dash (0g)  
**lentils, raw, rinsed**  
2 2/3 tbsp (32g)

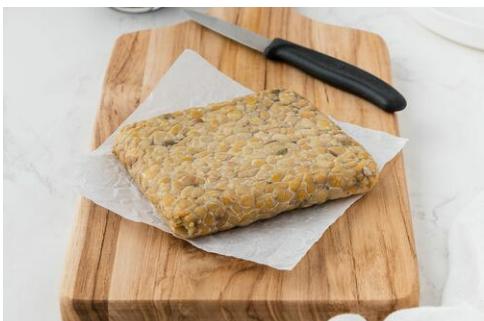
For all 2 meals:

**water**  
1 1/3 cup(s) (316mL)  
**salt**  
2/3 dash (1g)  
**lentils, raw, rinsed**  
1/3 cup (64g)

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.

### 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.

## Dinner 2 ↗

Eat on day 3 and day 4

### Zoodles marinara

169 cals ● 7g protein ● 3g fat ● 21g carbs ● 8g fiber



For single meal:

**pasta sauce**  
3/4 cup (195g)  
**zucchini**  
1 1/2 medium (294g)

For all 2 meals:

**pasta sauce**  
1 1/2 cup (390g)  
**zucchini**  
3 medium (588g)

1. Spiralize zucchini.
2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
3. (optional) Transfer zoodles to towel and pat any excess water off.
4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
5. Serve.

### Roasted peanuts

1/6 cup(s) - 153 cals ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 2/3 tbsp (24g)

For all 2 meals:

**roasted peanuts**  
1/3 cup (49g)

1. The recipe has no instructions.

### Soy milk

1 1/2 cup(s) - 127 cals ● 11g protein ● 7g fat ● 3g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

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## Dinner 3

Eat on day 5 and day 6

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### Mixed nuts

1/6 cup(s) - 145 cals ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

**mixed nuts**  
2 2/3 tbsp (22g)

For all 2 meals:

**mixed nuts**  
1/3 cup (45g)

1. The recipe has no instructions.

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### Chipotle stewed beans & greens

328 cals ● 16g protein ● 8g fat ● 30g carbs ● 18g fiber



For single meal:

**kale leaves**  
1 1/2 oz (43g)  
**chipotle seasoning**  
2 dash (1g)  
**fresh cilantro**  
1 tbsp, chopped (3g)  
**water**  
1/8 cup(s) (30mL)  
**oil**  
1/2 tbsp (8mL)  
**garlic, minced**  
1 clove(s) (3g)  
**black beans, drained & rinsed**  
1/2 can(s) (220g)  
**fresh spinach, chopped**  
1 oz (28g)  
**red onion, diced**  
1/2 medium (2-1/2" dia) (55g)

For all 2 meals:

**kale leaves**  
3 oz (85g)  
**chipotle seasoning**  
4 dash (1g)  
**fresh cilantro**  
2 tbsp, chopped (6g)  
**water**  
1/4 cup(s) (59mL)  
**oil**  
1 tbsp (15mL)  
**garlic, minced**  
2 clove(s) (6g)  
**black beans, drained & rinsed**  
1 can(s) (439g)  
**fresh spinach, chopped**  
2 oz (57g)  
**red onion, diced**  
1 medium (2-1/2" dia) (110g)

1. Heat oil in a saucepan over medium heat. Add only half of the onion and only half of the garlic. Cook 3-5 minutes til softened.
2. Add kale and cook 1-2 minutes until wilted.
3. Add beans, water, only half of the chipotle seasoning, and some salt and pepper. Bring to a simmer and cook until liquid reduces, 5-7 minutes.
4. In a medium bowl, add the spinach, cilantro, remaining garlic, remaining onion, and some salt and pepper. Toss.
5. Plate stewed beans next to the spinach mixture. Serve.

## Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

**clementines**  
1 fruit (74g)

For all 2 meals:

**clementines**  
2 fruit (148g)

1. The recipe has no instructions.

## Dinner 4 ↗

Eat on day 7

### Roasted peanuts

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

Makes 1/4 cup(s)

**roasted peanuts**  
4 tbsp (37g)



1. The recipe has no instructions.

### Black bean & sweet potato stew

207 cals ● 10g protein ● 3g fat ● 23g carbs ● 12g fiber



**water**  
1/2 cup(s) (119mL)  
**ground cumin**  
2 dash (1g)  
**lemon juice**  
1/2 tsp (3mL)  
**kale leaves**  
4 tbsp, chopped (10g)  
**oil**  
1/2 tsp (3mL)  
**tomato paste**  
1 tsp (5g)  
**black beans, drained**  
1/3 can(s) (146g)  
**sweet potatoes, cubed**  
1/6 sweetpotato, 5" long (35g)  
**onion, chopped**  
1/6 small (12g)  
**garlic, diced**  
1/3 clove(s) (1g)

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.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

**protein powder**  
2 scoop (1/3 cup ea) (62g)  
**water**  
2 cup(s) (474mL)

For all 7 meals:

**protein powder**  
14 scoop (1/3 cup ea) (434g)  
**water**  
14 cup(s) (3318mL)

1. The recipe has no instructions.