

Meal Plan - 1800 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

1737 cals ● 123g protein (28%) ● 85g fat (44%) ● 91g carbs (21%) ● 29g fiber (7%)

Breakfast

295 cals, 7g protein, 13g net carbs, 22g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Dark chocolate

3 square(s)- 180 cals

Lunch

600 cals, 46g protein, 26g net carbs, 33g fat



Garlic pepper seitan

456 cals



Sautéed mushrooms

6 oz mushrooms- 143 cals

Snacks

240 cals, 4g protein, 21g net carbs, 13g fat



Orange

1 orange(s)- 85 cals



Walnuts

1/8 cup(s)- 87 cals



Dark chocolate & raspberries

69 cals

Dinner

385 cals, 17g protein, 30g net carbs, 16g fat



Roasted almonds

1/8 cup(s)- 111 cals



Chickpea & kale soup

273 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 2

1798 cals ● 140g protein (31%) ● 78g fat (39%) ● 108g carbs (24%) ● 27g fiber (6%)

Breakfast

295 cals, 7g protein, 13g net carbs, 22g fat



Roasted peanuts
1/8 cup(s)- 115 cals



Dark chocolate
3 square(s)- 180 cals

Snacks

240 cals, 4g protein, 21g net carbs, 13g fat



Orange
1 orange(s)- 85 cals



Walnuts
1/8 cup(s)- 87 cals



Dark chocolate & raspberries
69 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

495 cals, 18g protein, 38g net carbs, 27g fat



Lentil kale salad
389 cals



Roasted cashews
1/8 cup(s)- 104 cals

Dinner

550 cals, 63g protein, 35g net carbs, 16g fat



Simple seitan
8 oz- 487 cals



Green beans
63 cals

Day 3

1773 cals ● 118g protein (27%) ● 85g fat (43%) ● 96g carbs (22%) ● 38g fiber (9%)

Breakfast

295 cals, 7g protein, 13g net carbs, 22g fat



Roasted peanuts
1/8 cup(s)- 115 cals



Dark chocolate
3 square(s)- 180 cals

Snacks

255 cals, 10g protein, 9g net carbs, 15g fat



Raspberries
1 cup(s)- 72 cals



Pumpkin seeds
183 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

495 cals, 18g protein, 38g net carbs, 27g fat



Lentil kale salad
389 cals



Roasted cashews
1/8 cup(s)- 104 cals

Dinner

510 cals, 35g protein, 35g net carbs, 20g fat



Lentils
116 cals



Roasted tofu & veggies
396 cals

Day 4

1752 cals ● 126g protein (29%) ● 77g fat (40%) ● 99g carbs (23%) ● 40g fiber (9%)

Breakfast

265 cals, 10g protein, 18g net carbs, 14g fat



Sunflower seeds

180 cals



Orange

1 orange(s)- 85 cals

Snacks

255 cals, 10g protein, 9g net carbs, 15g fat



Raspberries

1 cup(s)- 72 cals



Pumpkin seeds

183 cals

Lunch

500 cals, 23g protein, 35g net carbs, 26g fat



Vegan cream of mushroom soup

502 cals

Dinner

510 cals, 35g protein, 35g net carbs, 20g fat



Lentils

116 cals



Roasted tofu & veggies

396 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 5

1802 cals ● 138g protein (31%) ● 81g fat (41%) ● 93g carbs (21%) ● 36g fiber (8%)

Breakfast

265 cals, 10g protein, 18g net carbs, 14g fat



Sunflower seeds

180 cals



Orange

1 orange(s)- 85 cals

Lunch

500 cals, 23g protein, 35g net carbs, 26g fat



Vegan cream of mushroom soup

502 cals

Snacks

270 cals, 29g protein, 8g net carbs, 12g fat



Roasted cashews

1/8 cup(s)- 104 cals



Double chocolate almond milk protein shake

167 cals

Dinner

545 cals, 28g protein, 30g net carbs, 27g fat



Veggie burger patty

2 patty- 254 cals



Spinach cauliflower mince

2 cup(s)- 142 cals



Roasted tomatoes

2 1/2 tomato(es)- 149 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 6

1797 cals ● 132g protein (29%) ● 82g fat (41%) ● 97g carbs (21%) ● 35g fiber (8%)

Breakfast

230 cals, 6g protein, 16g net carbs, 14g fat



Roasted almonds

1/8 cup(s)- 111 cals



Small granola bar

1 bar(s)- 119 cals

Snacks

270 cals, 29g protein, 8g net carbs, 12g fat



Roasted cashews

1/8 cup(s)- 104 cals



Double chocolate almond milk protein shake

167 cals

Lunch

530 cals, 20g protein, 40g net carbs, 28g fat



Mediterranean vegan chick'n wrap

1 wrap(s)- 357 cals



Avocado

176 cals

Dinner

545 cals, 28g protein, 30g net carbs, 27g fat



Veggie burger patty

2 patty- 254 cals



Spinach cauliflower mince

2 cup(s)- 142 cals



Roasted tomatoes

2 1/2 tomato(es)- 149 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 7

1755 cals ● 128g protein (29%) ● 69g fat (36%) ● 108g carbs (25%) ● 47g fiber (11%)

Breakfast

230 cals, 6g protein, 16g net carbs, 14g fat



Roasted almonds

1/8 cup(s)- 111 cals



Small granola bar

1 bar(s)- 119 cals

Snacks

270 cals, 29g protein, 8g net carbs, 12g fat



Roasted cashews

1/8 cup(s)- 104 cals



Double chocolate almond milk protein shake

167 cals

Lunch

530 cals, 20g protein, 40g net carbs, 28g fat



Mediterranean vegan chick'n wrap

1 wrap(s)- 357 cals



Avocado

176 cals

Dinner

505 cals, 24g protein, 42g net carbs, 14g fat



Black bean and salsa soup

386 cals



Tomato and avocado salad

117 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Grocery List



Fats and Oils

- olive oil
1 1/2 oz (44mL)
- oil
1/4 lbs (109mL)

Vegetables and Vegetable Products

- onion
1 1/2 medium (2-1/2" dia) (163g)
- green pepper
4 tsp, chopped (12g)
- garlic
11 clove(s) (33g)
- mushrooms
15 1/4 oz (433g)
- kale leaves
4 cup, chopped (160g)
- frozen green beans
1 1/3 cup (161g)
- brussels sprouts
6 oz (170g)
- bell pepper
3/4 medium (89g)
- broccoli
3/4 cup chopped (68g)
- carrots
2 1/4 medium (137g)
- cauliflower
5 cup chopped (535g)
- fresh spinach
2 cup(s) (60g)
- tomatoes
4 medium whole (2-3/5" dia) (516g)
- cucumber
1/2 cup slices (52g)

Spices and Herbs

- black pepper
3 1/2 tsp, ground (8g)
- salt
3/4 tbsp (14g)
- crushed red pepper
1 tsp (2g)
- ground cumin
1/2 tbsp (3g)
- onion powder
5 tsp (12g)
- garlic powder
1 dash (0g)

Nut and Seed Products

- walnuts
4 tbsp, shelled (25g)
- almonds
2 1/2 oz (67g)
- roasted cashews
10 tbsp (86g)
- roasted pumpkin seeds, unsalted
1/2 cup (59g)
- sunflower kernels
2 oz (57g)

Sweets

- chocolate, dark, 70-85%
11 square(s) (110g)
- cocoa powder
1 tbsp (5g)

Legumes and Legume Products

- roasted peanuts
6 tbsp (55g)
- chickpeas, canned
1/2 can(s) (224g)
- lentils, raw
13 1/4 tbsp (160g)
- extra firm tofu
1 1/2 block (486g)
- hummus
4 tbsp (60g)
- black beans
3/4 can(s) (329g)

Soups, Sauces, and Gravies

- vegetable broth
2 1/2 cup(s) (mL)
- salsa
6 tbsp (98g)

Other

- protein powder, chocolate
3 scoop (1/3 cup ea) (93g)
- veggie burger patty
4 patty (284g)
- frozen riced cauliflower
4 cup, frozen (424g)
- meatless chik'n tenders
5 oz (142g)

Beverages

- water**
1 1/4 gallon (4877mL)
- protein powder**
14 scoop (1/3 cup ea) (434g)
- almond milk, unsweetened**
6 1/2 cup (1560mL)

- mixed greens**
1/2 cup (15g)

Snacks

- small granola bar**
2 bar (50g)

Baked Products

- flour tortillas**
2 tortilla (approx 7-8" dia) (98g)

Dairy and Egg Products

- sour cream**
1 1/2 tbsp (18g)

Cereal Grains and Pasta

- seitan**
13 1/3 oz (378g)

Fruits and Fruit Juices

- orange**
4 orange (616g)
- raspberries**
2 1/4 cup (277g)
- lemon juice**
1 1/6 fl oz (35mL)
- avocados**
1 1/4 avocado(s) (251g)
- lime juice**
1/2 tbsp (8mL)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

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 3 meals:

roasted peanuts
6 tbsp (55g)

1. The recipe has no instructions.

Dark chocolate

3 square(s) - 180 cals ● 2g protein ● 13g fat ● 11g carbs ● 3g fiber



For single meal:

chocolate, dark, 70-85%
3 square(s) (30g)

For all 3 meals:

chocolate, dark, 70-85%
9 square(s) (90g)

1. The recipe has no instructions.

Breakfast 2 ↗

Eat on day 4 and day 5

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.

Orange

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



For single meal:

orange

1 orange (154g)

For all 2 meals:

orange

2 orange (308g)

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 6 and day 7

Roasted almonds

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



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

small granola bar
1 bar (25g)

For all 2 meals:

small granola bar
2 bar (50g)

1. The recipe has no instructions.

Lunch 1 ↗

Eat on day 1

Garlic pepper seitan

456 cals ● 41g protein ● 22g fat ● 22g carbs ● 2g fiber



olive oil
4 tsp (20mL)
onion
2 2/3 tbsp, chopped (27g)
green pepper
4 tsp, chopped (12g)
black pepper
1 1/3 dash, ground (0g)
water
2 tsp (10mL)
salt
2/3 dash (0g)
seitan, chicken style
1/3 lbs (151g)
garlic, minced
1 2/3 clove(s) (5g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Sauteed mushrooms

6 oz mushrooms - 143 cals ● 5g protein ● 11g fat ● 4g carbs ● 2g fiber



Makes 6 oz mushrooms

oil
3/4 tbsp (11mL)
mushrooms, sliced
6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

Lunch 2 ↗

Eat on day 2 and day 3

Lentil kale salad

389 cals ● 16g protein ● 19g fat ● 32g carbs ● 8g fiber



For single meal:

lentils, raw
4 tbsp (48g)
lemon juice
1 tbsp (15mL)
almonds
1 tbsp, slivered (7g)
oil
1 tbsp (15mL)
kale leaves
1 1/2 cup, chopped (60g)
crushed red pepper
4 dash (1g)
water
1 cup(s) (237mL)
ground cumin
4 dash (1g)
garlic, diced
1 clove(s) (3g)

For all 2 meals:

lentils, raw
1/2 cup (96g)
lemon juice
2 tbsp (30mL)
almonds
2 tbsp, slivered (14g)
oil
2 tbsp (30mL)
kale leaves
3 cup, chopped (120g)
crushed red pepper
1 tsp (2g)
water
2 cup(s) (474mL)
ground cumin
1 tsp (2g)
garlic, diced
2 clove(s) (6g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

roasted cashews
2 tbsp (17g)

For all 2 meals:

roasted cashews
4 tbsp (34g)

1. The recipe has no instructions.

Lunch 3 ↗

Eat on day 4 and day 5

Vegan cream of mushroom soup

502 cals ● 23g protein ● 26g fat ● 35g carbs ● 9g fiber



For single meal:

black pepper
1 1/4 tsp, ground (3g)
oil
1 1/4 tsp (6mL)
salt
5 dash (4g)
onion powder
2 1/2 tsp (6g)
almond milk, unsweetened
2 1/2 cup(s) (600mL)
cauliflower
2 1/2 cup chopped (268g)
mushrooms, diced
2 cup, pieces or slices (131g)
onion, diced
5/8 small (44g)
garlic, diced
1 1/4 clove (4g)

For all 2 meals:

black pepper
2 1/2 tsp, ground (6g)
oil
2 1/2 tsp (13mL)
salt
1 1/4 tsp (8g)
onion powder
5 tsp (12g)
almond milk, unsweetened
5 cup(s) (1200mL)
cauliflower
5 cup chopped (535g)
mushrooms, diced
3 3/4 cup, pieces or slices (263g)
onion, diced
1 1/4 small (88g)
garlic, diced
2 1/2 clove (8g)

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.

Lunch 4 ↗

Eat on day 6 and day 7

Mediterranean vegan chik'n wrap

1 wrap(s) - 357 cals ● 18g protein ● 13g fat ● 38g carbs ● 4g fiber



For single meal:

meatless chik'n tenders
2 1/2 oz (71g)
flour tortillas
1 tortilla (approx 7-8" dia) (49g)
mixed greens
4 tbsp (8g)
hummus
2 tbsp (30g)
cucumber, chopped
4 tbsp slices (26g)
tomatoes, chopped
1 slice(s), thin/small (15g)

For all 2 meals:

meatless chik'n tenders
5 oz (142g)
flour tortillas
2 tortilla (approx 7-8" dia) (98g)
mixed greens
1/2 cup (15g)
hummus
4 tbsp (60g)
cucumber, chopped
1/2 cup slices (52g)
tomatoes, chopped
2 slice(s), thin/small (30g)

1. Cook chik'n according to package.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.

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)

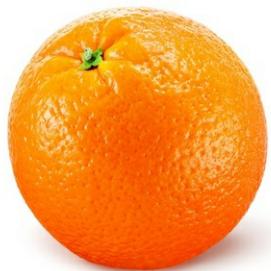
1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Snacks 1 ↗

Eat on day 1 and day 2

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.

Walnuts

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



For single meal:

walnuts
2 tbsp, shelled (13g)

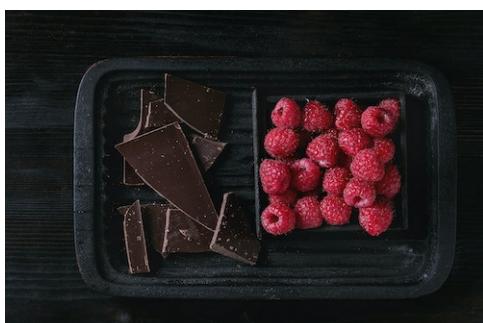
For all 2 meals:

walnuts
4 tbsp, shelled (25g)

1. The recipe has no instructions.

Dark chocolate & raspberries

69 cals ● 1g protein ● 4g fat ● 4g carbs ● 2g fiber



For single meal:

raspberries
2 tbsp (15g)
chocolate, dark, 70-85%
1 square(s) (10g)

For all 2 meals:

raspberries
4 tbsp (31g)
chocolate, dark, 70-85%
2 square(s) (20g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3 and day 4

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries

1 cup (123g)

For all 2 meals:

raspberries

2 cup (246g)

1. Rinse raspberries and serve.

Pumpkin seeds

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



For single meal:

roasted pumpkin seeds, unsalted

4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted

1/2 cup (59g)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

roasted cashews
2 tbsp (17g)

For all 3 meals:

roasted cashews
6 tbsp (51g)

1. The recipe has no instructions.

Double chocolate almond milk protein shake

167 cals ● 27g protein ● 5g fat ● 3g carbs ● 2g fiber



For single meal:

water
1 cup(s) (237mL)
almond milk, unsweetened
1/2 cup (120mL)
cocoa powder
1 tsp (2g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

water
3 cup(s) (711mL)
almond milk, unsweetened
1 1/2 cup (360mL)
cocoa powder
1 tbsp (5g)
protein powder, chocolate
3 scoop (1/3 cup ea) (93g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Dinner 1 ↗

Eat on day 1

Roasted almonds

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

Makes 1/8 cup(s)

almonds
2 tbsp, whole (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

Simple seitan

8 oz - 487 cals ● 60g protein ● 15g fat ● 27g carbs ● 1g fiber

Makes 8 oz

seitan
1/2 lbs (227g)
oil
2 tsp (10mL)



1. Coat a pan with oil and cook seitan over medium heat for 3-5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Green beans

63 cals ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



frozen green beans
1 1/3 cup (161g)

1. Prepare according to instructions on package.

Dinner 3 ↗

Eat on day 3 and day 4

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.

Roasted tofu & veggies

396 cals ● 27g protein ● 20g fat ● 18g carbs ● 10g fiber



For single meal:

salt
3 dash (2g)
black pepper
3 dash, ground (1g)
extra firm tofu
3/4 block (243g)
olive oil
3/4 tbsp (11mL)
brussels sprouts, cut in half
3 oz (85g)
onion, thickly sliced
1/6 medium (2-1/2" dia) (21g)
bell pepper, sliced
3/8 medium (45g)
broccoli, cut as desired
6 tbsp chopped (34g)
carrots, cut as desired
1 medium (69g)

For all 2 meals:

salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
extra firm tofu
1 1/2 block (486g)
olive oil
1 1/2 tbsp (23mL)
brussels sprouts, cut in half
6 oz (170g)
onion, thickly sliced
3/8 medium (2-1/2" dia) (41g)
bell pepper, sliced
3/4 medium (89g)
broccoli, cut as desired
3/4 cup chopped (68g)
carrots, cut as desired
2 1/4 medium (137g)

1. Preheat oven to 400 F (200 C).
2. Drain tofu and use absorbent towel to pat away as much moisture as possible.
3. Cut tofu in one inch cubes.
4. On one baking sheet, drizzle a third of the oil and put the tofu on the sheet. Shake to coat. Set aside.
5. On a second baking sheet, drizzle the remaining olive oil and toss vegetables until evenly coated. It is best to give each type of vegetable its own spot on the sheet so that you can remove the quickly cooking vegetables earlier in the process than the vegetables that take longer.
6. Place sheets in the oven- tofu on the top rack and vegetables on the lower one. Set timer for 20 minutes.
7. After the 20 minutes are up, flip the tofu and check on the vegetables. Remove any vegetables that are fully cooked.
8. Place both sheets back into the oven and increase the temperature to 450 F (230 C) for an additional 20-25 minutes until tofu is brown on all sides. Be sure to check veggies and tofu throughout the process to avoid overcooking.
9. Remove all from oven and combine. Season with salt and pepper. Serve.

Dinner 4 ↗

Eat on day 5 and day 6

Veggie burger patty

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



For single meal:

veggie burger patty
2 patty (142g)

For all 2 meals:

veggie burger patty
4 patty (284g)

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

Spinach cauliflower mince

2 cup(s) - 142 cals ● 6g protein ● 9g fat ● 2g carbs ● 6g fiber



For single meal:

frozen riced cauliflower
2 cup, frozen (212g)
oil
2 tsp (10mL)
garlic, diced
2 clove(s) (6g)
fresh spinach, chopped
1 cup(s) (30g)

For all 2 meals:

frozen riced cauliflower
4 cup, frozen (424g)
oil
4 tsp (20mL)
garlic, diced
4 clove(s) (12g)
fresh spinach, chopped
2 cup(s) (60g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Roasted tomatoes

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



For single meal:

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

For all 2 meals:

oil
5 tsp (25mL)
tomatoes
5 small whole (2-2/5" dia) (455g)

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.

Dinner 5 ↗

Eat on day 7

Black bean and salsa soup

386 cals ● 22g protein ● 5g fat ● 39g carbs ● 25g fiber



vegetable broth
1/2 cup(s) (mL)
black beans
3/4 can(s) (329g)
ground cumin
3 dash (1g)
sour cream
1 1/2 tbsp (18g)
salsa, chunky
6 tbsp (98g)

1. In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
3. Top with sour cream when serving.

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

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.
