

Meal Plan - 1900 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

1909 cals ● 141g protein (30%) ● 78g fat (37%) ● 113g carbs (24%) ● 47g fiber (10%)

Breakfast

395 cals, 13g protein, 25g net carbs, 23g fat



Roasted almonds

1/8 cup(s)- 111 cals



Apple

1 apple(s)- 105 cals



Sunflower seeds

180 cals

Snacks

225 cals, 29g protein, 6g net carbs, 8g fat



Protein shake (almond milk)

210 cals



Celery sticks

2 celery stalk- 13 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

405 cals, 13g protein, 25g net carbs, 24g fat



Green bean, beet, & pepita salad

360 cals



Cherry tomatoes

12 cherry tomatoes- 42 cals

Dinner

670 cals, 38g protein, 55g net carbs, 22g fat



Zoodles marinara

394 cals



Soy milk

3 1/4 cup(s)- 275 cals

Day 2

1909 cals ● 141g protein (30%) ● 78g fat (37%) ● 113g carbs (24%) ● 47g fiber (10%)

Breakfast

395 cals, 13g protein, 25g net carbs, 23g fat



Roasted almonds
1/8 cup(s)- 111 cals



Apple
1 apple(s)- 105 cals



Sunflower seeds
180 cals

Snacks

225 cals, 29g protein, 6g net carbs, 8g fat



Protein shake (almond milk)
210 cals



Celery sticks
2 celery stalk- 13 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

405 cals, 13g protein, 25g net carbs, 24g fat



Green bean, beet, & pepita salad
360 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Dinner

670 cals, 38g protein, 55g net carbs, 22g fat



Zoodles marinara
394 cals



Soy milk
3 1/4 cup(s)- 275 cals

Day 3

1934 cals ● 131g protein (27%) ● 92g fat (43%) ● 113g carbs (23%) ● 33g fiber (7%)

Breakfast

350 cals, 12g protein, 16g net carbs, 25g fat



Rice cakes with peanut butter
1 cake(s)- 240 cals



Celery and peanut butter
109 cals

Snacks

275 cals, 3g protein, 18g net carbs, 21g fat



Vegan cheese
3 1" cube- 273 cals

Lunch

535 cals, 34g protein, 38g net carbs, 24g fat



Chik'n nuggets
6 2/3 nuggets- 368 cals



Soy milk
2 cup(s)- 169 cals

Dinner

560 cals, 33g protein, 40g net carbs, 21g fat



Veggie burger patty
2 patty- 254 cals



Spinach cauliflower mince
2 cup(s)- 142 cals



Olive oil drizzled lima beans
161 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 4

1934 cals ● 131g protein (27%) ● 92g fat (43%) ● 113g carbs (23%) ● 33g fiber (7%)

Breakfast

350 cals, 12g protein, 16g net carbs, 25g fat



Rice cakes with peanut butter
1 cake(s)- 240 cals



Celery and peanut butter
109 cals

Snacks

275 cals, 3g protein, 18g net carbs, 21g fat



Vegan cheese
3 1" cube- 273 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

535 cals, 34g protein, 38g net carbs, 24g fat



Chik'n nuggets
6 2/3 nuggets- 368 cals



Soy milk
2 cup(s)- 169 cals

Dinner

560 cals, 33g protein, 40g net carbs, 21g fat



Veggie burger patty
2 patty- 254 cals



Spinach cauliflower mince
2 cup(s)- 142 cals



Olive oil drizzled lima beans
161 cals

Day 5

1931 cals ● 145g protein (30%) ● 101g fat (47%) ● 89g carbs (18%) ● 22g fiber (5%)

Breakfast

350 cals, 12g protein, 16g net carbs, 25g fat



Rice cakes with peanut butter
1 cake(s)- 240 cals



Celery and peanut butter
109 cals

Snacks

275 cals, 3g protein, 18g net carbs, 21g fat



Vegan cheese
3 1" cube- 273 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

540 cals, 36g protein, 19g net carbs, 32g fat



Seitan salad
359 cals



Pumpkin seeds
183 cals

Dinner

550 cals, 46g protein, 35g net carbs, 22g fat



Simple seitan
4 oz- 244 cals



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



Sauteed corn & lima beans
179 cals

Day 6

1884 cals ● 149g protein (32%) ● 83g fat (40%) ● 98g carbs (21%) ● 38g fiber (8%)

Breakfast

370 cals, 11g protein, 29g net carbs, 17g fat



Raspberries

1/2 cup(s)- 36 cals



Avocado toast

2 slice(s)- 336 cals

Snacks

205 cals, 8g protein, 14g net carbs, 11g fat



Smashed raspberry almond butter toast

1 toast(s)- 203 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

540 cals, 36g protein, 19g net carbs, 32g fat



Seitan salad

359 cals



Pumpkin seeds

183 cals

Dinner

550 cals, 46g protein, 35g net carbs, 22g fat



Simple seitan

4 oz- 244 cals



Soy milk

1 1/2 cup(s)- 127 cals



Sautéed corn & lima beans

179 cals

Day 7

1853 cals ● 135g protein (29%) ● 91g fat (44%) ● 86g carbs (18%) ● 38g fiber (8%)

Breakfast

370 cals, 11g protein, 29g net carbs, 17g fat



Raspberries

1/2 cup(s)- 36 cals



Avocado toast

2 slice(s)- 336 cals

Snacks

205 cals, 8g protein, 14g net carbs, 11g fat



Smashed raspberry almond butter toast

1 toast(s)- 203 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

520 cals, 25g protein, 18g net carbs, 33g fat



Simple kale & avocado salad

115 cals



Garlic pepper seitan

228 cals



Avocado

176 cals

Dinner

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



Vegan bangers and cauliflower mash

1 1/2 sausage link(s)- 541 cals

Grocery List



Other

- ☐ mixed greens
3 cup (90g)
- ☐ soy milk, unsweetened
13 1/2 cup(s) (mL)
- ☐ vegan cheese, block
9 1" cube (255g)
- ☐ vegan chik'n nuggets
13 1/3 nuggets (287g)
- ☐ veggie burger patty
4 patty (284g)
- ☐ frozen riced cauliflower
4 cup, frozen (424g)
- ☐ nutritional yeast
2 tsp (3g)
- ☐ frozen cauliflower
1 cup (128g)
- ☐ vegan sausage
1 1/2 sausage (150g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1/4 lbs (103g)
- ☐ almonds
4 tbsp, whole (36g)
- ☐ sunflower kernels
2 oz (57g)
- ☐ almond butter
2 tbsp (32g)
- ☐ flax seeds
2 dash (2g)

Fats and Oils

- ☐ balsamic vinaigrette
6 tbsp (90mL)
- ☐ oil
1 2/3 oz (50mL)
- ☐ olive oil
1 oz (36mL)
- ☐ salad dressing
2 tbsp (30mL)

Vegetables and Vegetable Products

- ☐ fresh green beans
2 1/4 cup 1/2" pieces (225g)
- ☐ beets, precooked (canned or refrigerated)
3 beet(s) (150g)

Beverages

- ☐ almond milk, unsweetened
2 cup (480mL)
- ☐ protein powder
16 scoop (1/3 cup ea) (496g)
- ☐ water
14 cup (3341mL)

Fruits and Fruit Juices

- ☐ apples
2 medium (3" dia) (364g)
- ☐ avocados
2 1/4 avocado(s) (452g)
- ☐ raspberries
5 2/3 oz (161g)
- ☐ lemon
1/4 small (15g)
- ☐ lemon juice
1/2 tsp (3mL)

Soups, Sauces, and Gravies

- ☐ pasta sauce
3 1/2 cup (910g)

Legumes and Legume Products

- ☐ peanut butter
1/2 cup (144g)

Snacks

- ☐ rice cakes, any flavor
3 cakes (27g)

Spices and Herbs

- ☐ black pepper
4 dash, ground (1g)
- ☐ salt
1/4 tbsp (4g)

Cereal Grains and Pasta

- ☐ seitan
16 2/3 oz (473g)

Baked Products

- ☐ bread
6 3/4 oz (192g)

- ☐ **tomatoes**
36 cherry tomatoes (612g)
 - ☐ **raw celery**
7 stalk, medium (7-1/2" - 8" long) (280g)
 - ☐ **zucchini**
7 medium (1372g)
 - ☐ **ketchup**
3 1/3 tbsp (57g)
 - ☐ **garlic**
5 clove(s) (15g)
 - ☐ **fresh spinach**
6 cup(s) (180g)
 - ☐ **lima beans, frozen**
1 1/6 package (10 oz) (333g)
 - ☐ **frozen corn kernels**
3/4 cup (102g)
 - ☐ **onion**
5/8 medium (2-1/2" dia) (66g)
 - ☐ **kale leaves**
1/4 bunch (43g)
 - ☐ **green pepper**
2 tsp, chopped (6g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

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.

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples
1 medium (3" dia) (182g)

For all 2 meals:

apples
2 medium (3" dia) (364g)

1. The recipe has no instructions.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Rice cakes with peanut butter

1 cake(s) - 240 cals ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

peanut butter
2 tbsp (32g)
rice cakes, any flavor
1 cakes (9g)

For all 3 meals:

peanut butter
6 tbsp (96g)
rice cakes, any flavor
3 cakes (27g)

1. Spread peanut butter over top of rice cake.

Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

raw celery
1 stalk, medium (7-1/2" - 8" long)
(40g)
peanut butter
1 tbsp (16g)

For all 3 meals:

raw celery
3 stalk, medium (7-1/2" - 8" long)
(120g)
peanut butter
3 tbsp (48g)

1. Clean celery and slice to desired lengths
 2. spread peanut butter along center
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Breakfast 3 [↗](#)

Eat on day 6 and day 7

Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries
1/2 cup (62g)

For all 2 meals:

raspberries
1 cup (123g)

1. Rinse raspberries and serve.
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Avocado toast

2 slice(s) - 336 cals ● 10g protein ● 17g fat ● 25g carbs ● 11g fiber



For single meal:

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

For all 2 meals:

bread
4 slice (128g)
avocados, ripe, sliced
1 avocado(s) (201g)

1. Toast the bread.
 2. Top with ripe avocado and use a fork to smash.
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Green bean, beet, & pepita salad

360 cals ● 11g protein ● 23g fat ● 20g carbs ● 7g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
roasted pumpkin seeds, unsalted
3 tbsp (22g)
balsamic vinaigrette
3 tbsp (45mL)
fresh green beans, ends trimmed and discarded
1 cup 1/2" pieces (113g)
beets, precooked (canned or refrigerated), chopped
1 1/2 beet(s) (75g)

For all 2 meals:

mixed greens
3 cup (90g)
roasted pumpkin seeds, unsalted
6 tbsp (44g)
balsamic vinaigrette
6 tbsp (90mL)
fresh green beans, ends trimmed and discarded
2 1/4 cup 1/2" pieces (225g)
beets, precooked (canned or refrigerated), chopped
3 beet(s) (150g)

1. Add green beans to a saucepan and cover with water. Bring to a boil and cook for 4-7 minutes. Drain, rinse with cold water, and set aside.
2. Assemble salad with greens, green beans, and beets. Top with pumpkin seeds, drizzle balsamic vinaigrette on top and serve.

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 2 meals:

tomatoes
24 cherry tomatoes (408g)

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

Lunch 2 [↗](#)

Eat on day 3 and day 4

Chik'n nuggets

6 2/3 nuggets - 368 cals ● 20g protein ● 15g fat ● 34g carbs ● 4g fiber



For single meal:

ketchup

5 tsp (28g)

vegan chik'n nuggets

6 2/3 nuggets (143g)

For all 2 meals:

ketchup

1/4 cup (57g)

vegan chik'n nuggets

13 1/3 nuggets (287g)

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

Soy milk

2 cup(s) - 169 cals ● 14g protein ● 9g fat ● 4g carbs ● 4g fiber



For single meal:

soy milk, unsweetened

2 cup(s) (mL)

For all 2 meals:

soy milk, unsweetened

4 cup(s) (mL)

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

Eat on day 5 and day 6

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.

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.

Lunch 4 [↗](#)

Eat on day 7

Simple kale & avocado salad

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



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

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.

Garlic pepper seitan

228 cals ● 20g protein ● 11g fat ● 11g carbs ● 1g fiber



olive oil
2 tsp (10mL)
onion
4 tsp, chopped (13g)
green pepper
2 tsp, chopped (6g)
black pepper
2/3 dash, ground (0g)
water
1 tsp (5mL)
salt
1/3 dash (0g)
seitan, chicken style
2 2/3 oz (76g)
garlic, minced
5/6 clove(s) (3g)

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.

Avocado

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



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

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

Protein shake (almond milk)

210 cals ● 28g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

almond milk, unsweetened
1 cup (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

almond milk, unsweetened
2 cup (480mL)
protein powder
2 scoop (1/3 cup ea) (62g)

1. Mix until well-combined.
 2. Serve.
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Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery
2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 2 meals:

raw celery
4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.
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Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

Vegan cheese

3 1" cube - 273 cals ● 3g protein ● 21g fat ● 18g carbs ● 0g fiber



For single meal:

vegan cheese, block
3 1" cube (85g)

For all 3 meals:

vegan cheese, block
9 1" cube (255g)

1. Slice and enjoy.

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Smashed raspberry almond butter toast

1 toast(s) - 203 cals ● 8g protein ● 11g fat ● 14g carbs ● 5g fiber



For single meal:

bread
1 slice(s) (32g)
almond butter
1 tbsp (16g)
flax seeds
1 dash (1g)
raspberries
10 raspberries (19g)

For all 2 meals:

bread
2 slice(s) (64g)
almond butter
2 tbsp (32g)
flax seeds
2 dash (2g)
raspberries
20 raspberries (38g)

1. Toast bread (optional).
 2. Spread almond butter over bread. Place raspberries on the almond butter and smash them gently using the back of a fork. Top with flax seeds and serve.
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Dinner 1 [↗](#)

Eat on day 1 and day 2

Zoodles marinara

394 cals ● 15g protein ● 7g fat ● 49g carbs ● 18g fiber



For single meal:

pasta sauce
1 3/4 cup (455g)
zucchini
3 1/2 medium (686g)

For all 2 meals:

pasta sauce
3 1/2 cup (910g)
zucchini
7 medium (1372g)

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.

Soy milk

3 1/4 cup(s) - 275 cals ● 23g protein ● 15g fat ● 7g carbs ● 7g fiber



For single meal:

soy milk, unsweetened
3 1/4 cup(s) (mL)

For all 2 meals:

soy milk, unsweetened
6 1/2 cup(s) (mL)

1. The recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 3 and day 4

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.

Olive oil drizzled lima beans

161 cals ● 7g protein ● 5g fat ● 15g carbs ● 6g fiber



For single meal:

black pepper
3/4 dash, ground (0g)
salt
1 1/2 dash (1g)
lima beans, frozen
3/8 package (10 oz) (107g)
olive oil
1 tsp (6mL)

For all 2 meals:

black pepper
1 1/2 dash, ground (0g)
salt
3 dash (2g)
lima beans, frozen
3/4 package (10 oz) (213g)
olive oil
3/4 tbsp (11mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

Dinner 3 [↗](#)

Eat on day 5 and day 6

Simple seitan

4 oz - 244 cals ● 30g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

seitan
4 oz (113g)
oil
1 tsp (5mL)

For all 2 meals:

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.

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.

Sauteed corn & lima beans

179 cals ● 5g protein ● 7g fat ● 18g carbs ● 4g fiber



For single meal:

black pepper
1 dash, ground (0g)
salt
1 dash (1g)
lima beans, frozen
6 tbsp (60g)
frozen corn kernels
6 tbsp (51g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

black pepper
2 dash, ground (1g)
salt
2 dash (2g)
lima beans, frozen
3/4 cup (120g)
frozen corn kernels
3/4 cup (102g)
olive oil
1 tbsp (15mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

Dinner 4 [↗](#)

Eat on day 7

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.
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cal● 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.
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