

Meal Plan - 2000 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

2045 cals ● 156g protein (31%) ● 97g fat (43%) ● 98g carbs (19%) ● 40g fiber (8%)

Breakfast

350 cals, 19g protein, 14g net carbs, 22g fat



Dark chocolate

2 square(s)- 120 cals



Dairy-free strawberry protein smoothie

230 cals

Snacks

330 cals, 15g protein, 21g net carbs, 15g fat



Blackberries

1 1/4 cup(s)- 87 cals



Cucumber slices

1 cucumber- 60 cals



Pumpkin seeds

183 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Lunch

375 cals, 8g protein, 29g net carbs, 23g fat



Pecans

1/4 cup- 183 cals



Peanut butter and jelly sandwich

1/2 sandwich(es)- 191 cals

Dinner

720 cals, 54g protein, 33g net carbs, 35g fat



Seitan salad

718 cals

Day 2

2017 cals ● 134g protein (27%) ● 88g fat (39%) ● 125g carbs (25%) ● 49g fiber (10%)

Breakfast

350 cals, 19g protein, 14g net carbs, 22g fat



Dark chocolate

2 square(s)- 120 cals



Dairy-free strawberry protein smoothie

230 cals

Snacks

330 cals, 15g protein, 21g net carbs, 15g fat



Blackberries

1 1/4 cup(s)- 87 cals



Cucumber slices

1 cucumber- 60 cals



Pumpkin seeds

183 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Lunch

375 cals, 8g protein, 29g net carbs, 23g fat



Pecans

1/4 cup- 183 cals



Peanut butter and jelly sandwich

1/2 sandwich(es)- 191 cals

Dinner

690 cals, 31g protein, 59g net carbs, 26g fat



Mixed nuts

1/6 cup(s)- 145 cals



Chickpea & kale soup

546 cals

Day 3

2004 cals ● 143g protein (29%) ● 94g fat (42%) ● 111g carbs (22%) ● 36g fiber (7%)

Breakfast

350 cals, 19g protein, 14g net carbs, 22g fat



Dark chocolate

2 square(s)- 120 cals



Dairy-free strawberry protein smoothie

230 cals

Snacks

315 cals, 5g protein, 9g net carbs, 24g fat



Kale chips

138 cals



Avocado

176 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Lunch

505 cals, 29g protein, 43g net carbs, 20g fat



Chunky canned soup (non-creamy)

1 1/2 can(s)- 371 cals



Simple mixed greens salad

136 cals

Dinner

565 cals, 29g protein, 42g net carbs, 27g fat



Edamame & beet salad

257 cals



General tso's tofu

307 cals

Day 4

1958 cals ● 141g protein (29%) ● 94g fat (43%) ● 103g carbs (21%) ● 33g fiber (7%)

Breakfast

305 cals, 17g protein, 6g net carbs, 22g fat



Cucumber slices

1/4 cucumber- 15 cals



Pecans

1/4 cup- 183 cals



Protein shake (almond milk)

105 cals

Snacks

315 cals, 5g protein, 9g net carbs, 24g fat



Kale chips

138 cals



Avocado

176 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Lunch

505 cals, 29g protein, 43g net carbs, 20g fat



Chunky canned soup (non-creamy)

1 1/2 can(s)- 371 cals



Simple mixed greens salad

136 cals

Dinner

565 cals, 29g protein, 42g net carbs, 27g fat



Edamame & beet salad

257 cals



General tso's tofu

307 cals

Day 5

2029 cals ● 171g protein (34%) ● 104g fat (46%) ● 71g carbs (14%) ● 32g fiber (6%)

Breakfast

305 cals, 17g protein, 6g net carbs, 22g fat



Cucumber slices

1/4 cucumber- 15 cals



Pecans

1/4 cup- 183 cals



Protein shake (almond milk)

105 cals

Snacks

200 cals, 15g protein, 21g net carbs, 1g fat



Green protein shake

130 cals



Raspberries

1 cup(s)- 72 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Lunch

595 cals, 50g protein, 30g net carbs, 27g fat



Simple seitan

6 oz- 365 cals



Simple kale & avocado salad

230 cals

Dinner

655 cals, 29g protein, 12g net carbs, 53g fat



Buffalo tofu with vegan ranch

506 cals



Simple sauteed spinach

149 cals

Day 6

1967 cals ● 164g protein (33%) ● 95g fat (43%) ● 81g carbs (16%) ● 34g fiber (7%)

Breakfast

240 cals, 10g protein, 17g net carbs, 13g fat



Pumped up almond yogurt
1 container(s)- 242 cals

Snacks

200 cals, 15g protein, 21g net carbs, 1g fat



Green protein shake
130 cals



Raspberries
1 cup(s)- 72 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

595 cals, 50g protein, 30g net carbs, 27g fat



Simple seitan
6 oz- 365 cals



Simple kale & avocado salad
230 cals

Dinner

655 cals, 29g protein, 12g net carbs, 53g fat



Buffalo tofu with vegan ranch
506 cals



Simple sauteed spinach
149 cals

Day 7

1983 cals ● 149g protein (30%) ● 86g fat (39%) ● 113g carbs (23%) ● 40g fiber (8%)

Breakfast

240 cals, 10g protein, 17g net carbs, 13g fat



Pumped up almond yogurt
1 container(s)- 242 cals

Snacks

200 cals, 15g protein, 21g net carbs, 1g fat



Green protein shake
130 cals



Raspberries
1 cup(s)- 72 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

635 cals, 35g protein, 50g net carbs, 29g fat



Basic tofu
6 oz- 257 cals



Lentils
289 cals



Sauteed Kale
91 cals

Dinner

630 cals, 29g protein, 24g net carbs, 42g fat



Buffalo tempeh with vegan ranch
393 cals



Simple mixed greens salad
237 cals

Grocery List



Nut and Seed Products

- ☐ pecans
1 cup, halves (99g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ almond butter
3 tbsp (48g)
- ☐ mixed nuts
2 3/4 tbsp (22g)

Legumes and Legume Products

- ☐ peanut butter
1 tbsp (16g)
- ☐ chickpeas, canned
1 can(s) (448g)
- ☐ soy sauce
2 1/2 tsp (13mL)
- ☐ firm tofu
2 1/2 lbs (1120g)
- ☐ tempeh
4 oz (113g)
- ☐ lentils, raw
6 3/4 tbsp (80g)

Baked Products

- ☐ bread
2 slice (64g)

Sweets

- ☐ jelly
2 tbsp (42g)
- ☐ chocolate, dark, 70-85%
6 square(s) (60g)
- ☐ sugar
1 1/4 tbsp (16g)

Fruits and Fruit Juices

- ☐ blackberries
2 1/2 cup (360g)
- ☐ frozen strawberries
1 cup, unthawed (148g)
- ☐ avocados
2 1/2 avocado(s) (503g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ banana
3/4 medium (7" to 7-7/8" long) (89g)

Beverages

- ☐ protein powder
1 1/4 lbs (585g)
- ☐ water
20 1/2 cup(s) (4866mL)
- ☐ protein powder, vanilla
3 scoop (1/3 cup ea) (93g)
- ☐ almond milk, unsweetened
2 1/2 cup (600mL)

Fats and Oils

- ☐ oil
3 1/4 oz (99mL)
- ☐ salad dressing
13 1/4 tbsp (199mL)
- ☐ olive oil
3 tbsp (42mL)
- ☐ balsamic vinaigrette
3 tbsp (45mL)

Other

- ☐ nutritional yeast
2 tsp (3g)
- ☐ mixed greens
14 1/4 cup (428g)
- ☐ vegan ranch
1/4 lbs (120mL)
- ☐ cacao nibs
2 tsp (7g)
- ☐ almond yogurt, flavored
2 container (300g)

Cereal Grains and Pasta

- ☐ seitan
18 oz (510g)
- ☐ cornstarch
2 1/2 tbsp (20g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
4 cup(s) (mL)
- ☐ chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)
- ☐ Frank's Red Hot sauce
10 tbsp (149mL)

Spices and Herbs

- ☐ **orange**
1 1/2 orange (231g)
- ☐ **raspberries**
14 oz (399g)
- ☐ **lemon**
1 small (58g)

- ☐ **salt**
2 tsp (11g)
- ☐ **apple cider vinegar**
1 1/4 tbsp (19g)
- ☐ **black pepper**
3 dash, ground (1g)

Vegetables and Vegetable Products

- ☐ **cucumber**
2 1/2 cucumber (8-1/4") (753g)
 - ☐ **fresh spinach**
17 1/2 cup(s) (525g)
 - ☐ **tomatoes**
12 cherry tomatoes (204g)
 - ☐ **kale leaves**
19 oz (537g)
 - ☐ **garlic**
6 clove(s) (18g)
 - ☐ **edamame, frozen, shelled**
1 1/2 cup (177g)
 - ☐ **beets, precooked (canned or refrigerated)**
6 beet(s) (300g)
 - ☐ **fresh ginger**
2 1/2 tbsp (15g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

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.

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 3 meals:

water
1 cup(s) (235mL)
almond butter
3 tbsp (48g)
protein powder, vanilla
1 1/2 scoop (1/3 cup ea) (47g)
almond milk, unsweetened
1 1/2 cup(s) (360mL)
frozen strawberries
1 cup, unthawed (148g)

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

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

cucumber

1/4 cucumber (8-1/4") (75g)

For all 2 meals:

cucumber

1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans

4 tbsp, halves (25g)

For all 2 meals:

pecans

1/2 cup, halves (50g)

1. The recipe has no instructions.

Protein shake (almond milk)

105 cals ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

almond milk, unsweetened

1/2 cup (120mL)

protein powder

1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

almond milk, unsweetened

1 cup (240mL)

protein powder

1 scoop (1/3 cup ea) (31g)

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

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Pumped up almond yogurt

1 container(s) - 242 cals ● 10g protein ● 13g fat ● 17g carbs ● 5g fiber



For single meal:

cacao nibs
1 tsp (3g)
raspberries
8 raspberries (15g)
protein powder
1 tbsp (6g)
almond yogurt, flavored
1 container (150g)

For all 2 meals:

cacao nibs
2 tsp (7g)
raspberries
16 raspberries (30g)
protein powder
2 tbsp (12g)
almond yogurt, flavored
2 container (300g)

1. Mix almond yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans
4 tbsp, halves (25g)

For all 2 meals:

pecans
1/2 cup, halves (50g)

1. The recipe has no instructions.

Peanut butter and jelly sandwich

1/2 sandwich(es) - 191 cals ● 6g protein ● 5g fat ● 28g carbs ● 3g fiber



For single meal:

peanut butter
1/2 tbsp (8g)
bread
1 slice (32g)
jelly
1 tbsp (21g)

For all 2 meals:

peanut butter
1 tbsp (16g)
bread
2 slice (64g)
jelly
2 tbsp (42g)

1. Toast bread if desired. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

Lunch 2 [🔗](#)

Eat on day 3 and day 4

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

Simple mixed greens salad

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



For single meal:

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

For all 2 meals:

mixed greens
6 cup (180g)
salad dressing
6 tbsp (90mL)

1. Mix greens and dressing in a small bowl. Serve.
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Lunch 3 [↗](#)

Eat on day 5 and day 6

Simple seitan

6 oz - 365 cal ● 45g protein ● 11g fat ● 20g carbs ● 1g fiber



For single meal:

seitan
6 oz (170g)
oil
1/2 tbsp (8mL)

For all 2 meals:

seitan
3/4 lbs (340g)
oil
1 tbsp (15mL)

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.
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Simple kale & avocado salad

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



For single meal:

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

For all 2 meals:

kale leaves, chopped
1 bunch (170g)
avocados, chopped
1 avocado(s) (201g)
lemon, juiced
1 small (58g)

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.
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Lunch 4 [↗](#)

Eat on day 7

Basic tofu

6 oz - 257 cals ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



Makes 6 oz

oil
1 tbsp (15mL)
firm tofu
6 oz (170g)

1. Slice tofu 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.

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



water
1 2/3 cup(s) (395mL)
salt
1 dash (1g)
lentils, raw, rinsed
6 2/3 tbsp (80g)

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.

Sauteed Kale

91 cals ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber



kale leaves
1 1/2 cup, chopped (60g)
oil
1/2 tbsp (8mL)

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

Snacks 1 [↗](#)

Eat on day 1 and day 2

Blackberries

1 1/4 cup(s) - 87 cals ● 3g protein ● 1g fat ● 8g carbs ● 10g fiber



For single meal:

blackberries
1 1/4 cup (180g)

For all 2 meals:

blackberries
2 1/2 cup (360g)

1. Rinse blackberries and serve.

Cucumber slices

1 cucumber - 60 cals ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:

cucumber
1 cucumber (8-1/4") (301g)

For all 2 meals:

cucumber
2 cucumber (8-1/4") (602g)

1. Slice cucumber into rounds 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.
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Snacks 2 [↗](#)

Eat on day 3 and day 4

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

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.
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Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

Green protein shake

130 cals ● 14g protein ● 1g fat ● 14g carbs ● 4g fiber



For single meal:

water
1/8 cup(s) (30mL)
fresh spinach
1/2 cup(s) (15g)
protein powder, vanilla
1/2 scoop (1/3 cup ea) (16g)
banana, frozen
1/4 medium (7" to 7-7/8" long)
(30g)
**orange, peeled, sliced, and
deseeded**
1/2 orange (77g)

For all 3 meals:

water
3/8 cup(s) (89mL)
fresh spinach
1 1/2 cup(s) (45g)
protein powder, vanilla
1 1/2 scoop (1/3 cup ea) (47g)
banana, frozen
3/4 medium (7" to 7-7/8" long)
(89g)
**orange, peeled, sliced, and
deseeded**
1 1/2 orange (231g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

Raspberries

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



For single meal:

raspberries
1 cup (123g)

For all 3 meals:

raspberries
3 cup (369g)

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

Eat on day 1

Seitan salad

718 cals ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



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 2 [↗](#)

Eat on day 2

Mixed nuts

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



Makes 1/6 cup(s)
mixed nuts
2 2/3 tbsp (22g)

1. The recipe has no instructions.

Chickpea & kale soup

546 cals ● 27g protein ● 14g fat ● 56g carbs ● 21g fiber



vegetable broth
4 cup(s) (mL)
oil
1 tsp (5mL)
kale leaves, chopped
2 cup, chopped (80g)
garlic, minced
2 clove(s) (6g)
chickpeas, canned, drained
1 can(s) (448g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute 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 3 [↗](#)

Eat on day 3 and day 4

Edamame & beet salad

257 cals ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
balsamic vinaigrette
1 1/2 tbsp (23mL)
edamame, frozen, shelled
3/4 cup (89g)
beets, precooked (canned or refrigerated), chopped
3 beet(s) (150g)

For all 2 meals:

mixed greens
3 cup (90g)
balsamic vinaigrette
3 tbsp (45mL)
edamame, frozen, shelled
1 1/2 cup (177g)
beets, precooked (canned or refrigerated), chopped
6 beet(s) (300g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

General tso's tofu

307 cals ● 15g protein ● 17g fat ● 24g carbs ● 1g fiber



For single meal:

soy sauce
1 1/4 tsp (6mL)
fresh ginger, minced
1 1/4 tbsp (8g)
sugar
2 tsp (8g)
apple cider vinegar
2 tsp (9g)
cornstarch
1 1/4 tbsp (10g)
oil
2 tsp (9mL)
garlic, minced
1 1/4 clove(s) (4g)
firm tofu, patted dry & cubed
6 1/4 oz (177g)

For all 2 meals:

soy sauce
2 1/2 tsp (13mL)
fresh ginger, minced
2 1/2 tbsp (15g)
sugar
1 1/4 tbsp (16g)
apple cider vinegar
1 1/4 tbsp (19g)
cornstarch
2 1/2 tbsp (20g)
oil
1 1/4 tbsp (19mL)
garlic, minced
2 1/2 clove(s) (8g)
firm tofu, patted dry & cubed
3/4 lbs (354g)

1. In a small bowl, whisk together the ginger, garlic, soy sauce, sugar, and apple cider vinegar. Set aside.
2. In a large bowl, combine cubed tofu, cornstarch, and some salt and pepper. Toss to coat.
3. Heat oil in a large non-stick skillet over medium-high heat. Add tofu and cook until crispy, 5-8 minutes.
4. Reduce heat to low and pour in sauce. Stir and cook until sauce thickens, about 1 minute. Serve.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Buffalo tofu with vegan ranch

506 cals ● 23g protein ● 42g fat ● 9g carbs ● 0g fiber



For single meal:

oil
3/4 tbsp (11mL)
Frank's Red Hot sauce
4 tbsp (59mL)
vegan ranch
3 tbsp (45mL)
firm tofu, patted dry & cubed
2/3 lbs (298g)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
Frank's Red Hot sauce
1/2 cup (119mL)
vegan ranch
6 tbsp (90mL)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

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.

Dinner 5 [↗](#)

Eat on day 7

Buffalo tempeh with vegan ranch

393 cals ● 24g protein ● 25g fat ● 10g carbs ● 8g fiber



oil
1/2 tbsp (8mL)
Frank's Red Hot sauce
2 tbsp (30mL)
tempeh, roughly chopped
4 oz (113g)
vegan ranch
2 tbsp (30mL)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



mixed greens
5 1/4 cup (158g)
salad dressing
1/3 cup (79mL)

1. Mix greens and dressing in a small bowl. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cals ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

protein powder
2 1/2 scoop (1/3 cup ea) (78g)
water
2 1/2 cup(s) (593mL)

For all 7 meals:

protein powder
17 1/2 scoop (1/3 cup ea) (543g)
water
17 1/2 cup(s) (4148mL)

1. The recipe has no instructions.