

Meal Plan - 2100 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

2055 cals ● 135g protein (26%) ● 94g fat (41%) ● 131g carbs (25%) ● 38g fiber (7%)

Breakfast

300 cals, 13g protein, 26g net carbs, 12g fat



Chickpea scramble
280 cals



Watermelon
2 oz- 20 cals

Snacks

185 cals, 9g protein, 3g net carbs, 15g fat



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

675 cals, 34g protein, 35g net carbs, 38g fat



Vegan deli smashed avocado sandwich
1 sandwich(es)- 387 cals



Roasted peanuts
1/3 cup(s)- 288 cals

Dinner

625 cals, 19g protein, 65g net carbs, 28g fat



Creamy mushroom pasta
323 cals



Simple mixed greens and tomato salad
302 cals

Day 2

2055 cals ● 135g protein (26%) ● 94g fat (41%) ● 131g carbs (25%) ● 38g fiber (7%)

Breakfast

300 cals, 13g protein, 26g net carbs, 12g fat



Chickpea scramble
280 cals



Watermelon
2 oz- 20 cals

Snacks

185 cals, 9g protein, 3g net carbs, 15g fat



Pumpkin seeds
183 cals

Lunch

675 cals, 34g protein, 35g net carbs, 38g fat



Vegan deli smashed avocado sandwich
1 sandwich(es)- 387 cals



Roasted peanuts
1/3 cup(s)- 288 cals

Dinner

625 cals, 19g protein, 65g net carbs, 28g fat



Creamy mushroom pasta
323 cals



Simple mixed greens and tomato salad
302 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 3

2062 cals ● 152g protein (29%) ● 87g fat (38%) ● 126g carbs (24%) ● 41g fiber (8%)

Breakfast

295 cals, 12g protein, 15g net carbs, 19g fat



Applesauce
57 cals



Sunflower seeds
240 cals

Snacks

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



Avocado
176 cals



Kale chips
138 cals

Lunch

590 cals, 48g protein, 36g net carbs, 24g fat



Baked tofu
16 oz- 452 cals



Corn
139 cals

Dinner

585 cals, 26g protein, 63g net carbs, 18g fat



Simple kale salad
1 1/2 cup(s)- 83 cals



Lentil pasta
252 cals



Simple vegan garlic bread
2 slice(s)- 252 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 4

2062 cals ● 152g protein (29%) ● 87g fat (38%) ● 126g carbs (24%) ● 41g fiber (8%)

Breakfast

295 cals, 12g protein, 15g net carbs, 19g fat



Applesauce
57 cals



Sunflower seeds
240 cals

Snacks

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



Avocado
176 cals



Kale chips
138 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

590 cals, 48g protein, 36g net carbs, 24g fat



Baked tofu
16 oz- 452 cals



Corn
139 cals

Dinner

585 cals, 26g protein, 63g net carbs, 18g fat



Simple kale salad
1 1/2 cup(s)- 83 cals



Lentil pasta
252 cals



Simple vegan garlic bread
2 slice(s)- 252 cals

Day 5

2069 cals ● 167g protein (32%) ● 99g fat (43%) ● 100g carbs (19%) ● 27g fiber (5%)

Breakfast

355 cals, 14g protein, 17g net carbs, 23g fat



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



Smashed raspberry almond butter toast
1 toast(s)- 203 cals

Snacks

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



Avocado
176 cals



Kale chips
138 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

615 cals, 65g protein, 41g net carbs, 20g fat



Teriyaki seitan wings
8 oz seitan- 595 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Dinner

510 cals, 22g protein, 30g net carbs, 31g fat



Simple mixed greens and tomato salad
189 cals



Simple vegan garlic bread
1 slice(s)- 126 cals



Cajun tofu
196 cals

Day 6

2065 cals ● 137g protein (26%) ● 104g fat (45%) ● 92g carbs (18%) ● 54g fiber (10%)

Breakfast

355 cals, 14g protein, 17g net carbs, 23g fat



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



Smashed raspberry almond butter toast
1 toast(s)- 203 cals

Snacks

255 cals, 4g protein, 19g net carbs, 15g fat



Vegan cheese
2 1" cube- 182 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, 46g protein, 32g net carbs, 27g fat



Simple seitan
5 oz- 305 cals



Roasted brussels sprouts
290 cals

Dinner

590 cals, 13g protein, 22g net carbs, 39g fat



Zoodles with avocado sauce
588 cals

Day 7

2065 cals ● 137g protein (26%) ● 104g fat (45%) ● 92g carbs (18%) ● 54g fiber (10%)

Breakfast

355 cals, 14g protein, 17g net carbs, 23g fat



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



Smashed raspberry almond butter toast
1 toast(s)- 203 cals

Snacks

255 cals, 4g protein, 19g net carbs, 15g fat



Vegan cheese
2 1" cube- 182 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, 46g protein, 32g net carbs, 27g fat



Simple seitan
5 oz- 305 cals



Roasted brussels sprouts
290 cals

Dinner

590 cals, 13g protein, 22g net carbs, 39g fat



Zoodles with avocado sauce
588 cals

Other

- ☐ plant-based deli slices
10 slices (104g)
- ☐ mixed greens
17 1/2 cup (522g)
- ☐ nutritional yeast
2 tsp (3g)
- ☐ silken tofu
1/4 package (16 oz) (113g)
- ☐ lentil pasta
4 oz (113g)
- ☐ teriyaki sauce
4 tbsp (60mL)
- ☐ vegan cheese, block
4 1" cube (113g)

Baked Products

- ☐ bread
13 1/2 oz (384g)

Soups, Sauces, and Gravies

- ☐ hot sauce
2 tsp (10mL)
- ☐ pasta sauce
1/4 jar (24 oz) (168g)

Fruits and Fruit Juices

- ☐ avocados
4 2/3 avocado(s) (938g)
- ☐ Watermelon
4 oz (113g)
- ☐ lemon juice
4 fl oz (124mL)
- ☐ applesauce
2 to-go container (~4 oz) (244g)
- ☐ raspberries
2/3 lbs (303g)

Legumes and Legume Products

- ☐ roasted peanuts
1 cup (164g)
- ☐ chickpeas, canned
1 can(s) (448g)
- ☐ soy sauce
2/3 lbs (248mL)
- ☐ extra firm tofu
2 lbs (907g)

Beverages

- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ water
18 1/3 cup(s) (4344mL)

Fats and Oils

- ☐ oil
1 1/2 oz (48mL)
- ☐ olive oil
1/4 lbs (107mL)
- ☐ salad dressing
56 1/4 tsp (281mL)

Spices and Herbs

- ☐ ground cumin
4 dash (1g)
- ☐ turmeric, ground
4 dash (2g)
- ☐ salt
2 1/2 tsp (16g)
- ☐ cajun seasoning
5 dash (1g)
- ☐ fresh basil
2 1/2 cup leaves, whole (60g)
- ☐ black pepper
1/2 tsp, ground (1g)

Vegetables and Vegetable Products

- ☐ frozen peas
4 tbsp (34g)
- ☐ garlic
5 3/4 clove(s) (17g)
- ☐ mushrooms
3 oz (85g)
- ☐ tomatoes
7 1/2 medium whole (2-3/5" dia) (918g)
- ☐ kale leaves
16 1/4 oz (460g)
- ☐ fresh ginger
2 slices (1" dia) (4g)
- ☐ frozen corn kernels
2 cup (272g)
- ☐ zucchini
2 1/2 large (808g)
- ☐ brussels sprouts
1 1/4 lbs (567g)

- ☐ **firm tofu**
6 1/4 oz (177g)

Nut and Seed Products

- ☐ **roasted pumpkin seeds, unsalted**
1/2 cup (59g)
 - ☐ **sunflower kernels**
2 2/3 oz (76g)
 - ☐ **sesame seeds**
2 tbsp (18g)
 - ☐ **almond butter**
3 tbsp (48g)
 - ☐ **flax seeds**
3 dash (3g)
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Cereal Grains and Pasta

- ☐ **uncooked dry pasta**
4 oz (114g)
- ☐ **seitan**
18 oz (510g)

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Chickpea scramble

280 cals ● 12g protein ● 12g fat ● 21g carbs ● 11g fiber



For single meal:

oil
1/2 tbsp (8mL)
mixed greens
1/3 cup (10g)
nutritional yeast
1 tsp (1g)
ground cumin
2 dash (1g)
turmeric, ground
2 dash (1g)
chickpeas, canned, drained
1/2 can(s) (224g)

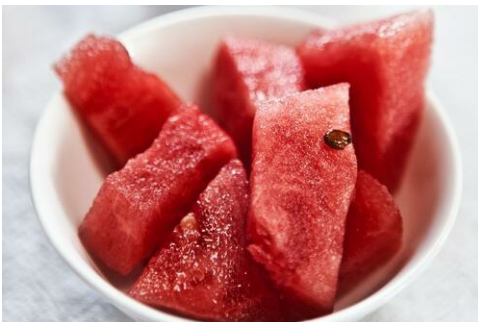
For all 2 meals:

oil
1 tbsp (15mL)
mixed greens
2/3 cup (20g)
nutritional yeast
2 tsp (3g)
ground cumin
4 dash (1g)
turmeric, ground
4 dash (2g)
chickpeas, canned, drained
1 can(s) (448g)

1. Heat oil in a skillet over medium heat. Add chickpeas and mash using the back of a fork. Add turmeric, cumin, and a pinch of salt/pepper, and cook for about 4 minutes, stirring occasionally.
2. Add in a splash of water, the nutritional yeast and the greens and cook until the greens have wilted, 1-2 minutes. Serve!

Watermelon

2 oz - 20 cals ● 1g protein ● 0g fat ● 4g carbs ● 0g fiber



For single meal:

Watermelon
2 oz (57g)

For all 2 meals:

Watermelon
4 oz (113g)

1. Slice watermelon and serve.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Applesauce

57 cal ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

applesauce

1 to-go container (~4 oz) (122g)

For all 2 meals:

applesauce

2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce
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Sunflower seeds

240 cal ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels

1 1/3 oz (38g)

For all 2 meals:

sunflower kernels

2 2/3 oz (76g)

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

Eat on day 5, day 6, and day 7

Roasted peanuts

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



For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 3 meals:

roasted peanuts
1/2 cup (73g)

1. The recipe has no instructions.
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Smashed raspberry almond butter toast

1 toast(s) - 203 cal ● 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 3 meals:

bread
3 slice(s) (96g)
almond butter
3 tbsp (48g)
flax seeds
3 dash (3g)
raspberries
30 raspberries (57g)

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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Lunch 1 [🔗](#)

Eat on day 1 and day 2

Vegan deli smashed avocado sandwich

1 sandwich(es) - 387 cals ● 23g protein ● 16g fat ● 29g carbs ● 10g fiber



For single meal:

plant-based deli slices

5 slices (52g)

bread

2 slice(s) (64g)

hot sauce

1 tsp (5mL)

mixed greens

1/2 cup (15g)

avocados, peeled & deseeded

1/3 avocado(s) (67g)

For all 2 meals:

plant-based deli slices

10 slices (104g)

bread

4 slice(s) (128g)

hot sauce

2 tsp (10mL)

mixed greens

16 tbsp (30g)

avocados, peeled & deseeded

2/3 avocado(s) (134g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.

Roasted peanuts

1/3 cup(s) - 288 cals ● 11g protein ● 23g fat ● 6g carbs ● 4g fiber



For single meal:

roasted peanuts

5 tbsp (46g)

For all 2 meals:

roasted peanuts

10 tbsp (91g)

1. The recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Baked tofu

16 oz - 452 cals ● 44g protein ● 23g fat ● 11g carbs ● 5g fiber



For single meal:

soy sauce

1/2 cup (120mL)

sesame seeds

1 tbsp (9g)

extra firm tofu

1 lbs (454g)

fresh ginger, peeled and grated

1 slices (1" dia) (2g)

For all 2 meals:

soy sauce

1 cup (240mL)

sesame seeds

2 tbsp (18g)

extra firm tofu

2 lbs (907g)

fresh ginger, peeled and grated

2 slices (1" dia) (4g)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.

Corn

139 cals ● 4g protein ● 1g fat ● 25g carbs ● 3g fiber



For single meal:

frozen corn kernels

1 cup (136g)

For all 2 meals:

frozen corn kernels

2 cup (272g)

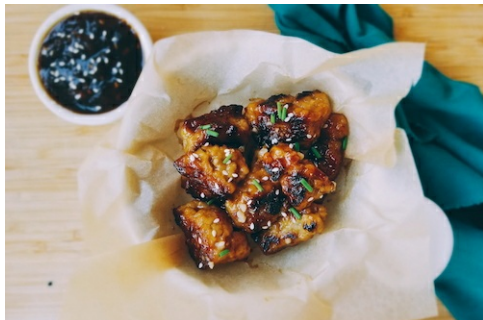
1. Prepare according to instructions on package.
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Lunch 3 [↗](#)

Eat on day 5

Teriyaki seitan wings

8 oz seitan - 595 cals ● 64g protein ● 20g fat ● 38g carbs ● 1g fiber



Makes 8 oz seitan

seitan

1/2 lbs (227g)

oil

1 tbsp (15mL)

teriyaki sauce

4 tbsp (60mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



Makes 6 cherry tomatoes

tomatoes

6 cherry tomatoes (102g)

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

Lunch 4 [↗](#)

Eat on day 6 and day 7

Simple seitan

5 oz - 305 cal ● 38g protein ● 10g fat ● 17g carbs ● 1g fiber



For single meal:

seitan
5 oz (142g)
oil
1 1/4 tsp (6mL)

For all 2 meals:

seitan
10 oz (284g)
oil
2 1/2 tsp (13mL)

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.

Roasted brussels sprouts

290 cal ● 9g protein ● 17g fat ● 15g carbs ● 11g fiber



For single meal:

salt
1/3 tsp (2g)
black pepper
1/4 tsp, ground (0g)
brussels sprouts
10 oz (284g)
olive oil
1 1/4 tbsp (19mL)

For all 2 meals:

salt
5 dash (4g)
black pepper
3 1/3 dash, ground (1g)
brussels sprouts
1 1/4 lbs (567g)
olive oil
2 1/2 tbsp (37mL)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

Snacks 1 [↗](#)

Eat on day 1 and day 2

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 2 [↗](#)

Eat on day 3, day 4, and day 5

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 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

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

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 3 meals:

salt
2 tsp (12g)
kale leaves
2 bunch (340g)
olive oil
2 tbsp (30mL)

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 3 [↗](#)

Eat on day 6 and day 7

Vegan cheese

2 1" cube - 182 cals ● 2g protein ● 14g fat ● 12g carbs ● 0g fiber



For single meal:

vegan cheese, block
2 1" cube (57g)

For all 2 meals:

vegan cheese, block
4 1" cube (113g)

1. Slice and enjoy.

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.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Creamy mushroom pasta

323 cals ● 13g protein ● 9g fat ● 45g carbs ● 3g fiber



For single meal:

silken tofu
1/8 package (16 oz) (57g)
olive oil
1/2 tbsp (8mL)
soy sauce
1/4 tbsp (4mL)
frozen peas
2 tbsp (17g)
lemon juice
3/8 tsp (2mL)
uncooked dry pasta
2 oz (57g)
garlic, minced
3/8 clove(s) (1g)
mushrooms, sliced
1 1/2 oz (43g)

For all 2 meals:

silken tofu
1/4 package (16 oz) (113g)
olive oil
1 tbsp (15mL)
soy sauce
1/2 tbsp (8mL)
frozen peas
4 tbsp (34g)
lemon juice
1/4 tbsp (4mL)
uncooked dry pasta
4 oz (114g)
garlic, minced
3/4 clove(s) (2g)
mushrooms, sliced
3 oz (85g)

1. In a blender, add the tofu, soy sauce, and half of the olive oil (reserving the rest for later). Blend until smooth. Set aside.
2. Cook pasta according to package directions. Drain and set aside.
3. Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the mushrooms and saute until softened, about 10 minutes.
4. Add the garlic to the mushrooms and cook for another 5 minutes. Then add the tofu mixture and peas and bring to a simmer. Remove from heat.
5. Add lemon juice to the sauce and season with a big pinch of salt and a lot of fresh cracked pepper.
6. Pour sauce over pasta and serve.

Simple mixed greens and tomato salad

302 cals ● 6g protein ● 19g fat ● 21g carbs ● 6g fiber



For single meal:

mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)
salad dressing
6 tbsp (90mL)

For all 2 meals:

mixed greens
12 cup (360g)
tomatoes
2 cup cherry tomatoes (298g)
salad dressing
3/4 cup (180mL)

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

Dinner 2 [↗](#)

Eat on day 3 and day 4

Simple kale salad

1 1/2 cup(s) - 83 cals ● 2g protein ● 5g fat ● 7g carbs ● 1g fiber



For single meal:

kale leaves
1 1/2 cup, chopped (60g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

kale leaves
3 cup, chopped (120g)
salad dressing
3 tbsp (45mL)

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

Lentil pasta

252 cals ● 16g protein ● 2g fat ● 30g carbs ● 12g fiber



For single meal:

pasta sauce
1/8 jar (24 oz) (84g)
lentil pasta
2 oz (57g)

For all 2 meals:

pasta sauce
1/4 jar (24 oz) (168g)
lentil pasta
4 oz (113g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Simple vegan garlic bread

2 slice(s) - 252 cals ● 8g protein ● 11g fat ● 25g carbs ● 4g fiber



For single meal:

bread
2 slice (64g)
olive oil
2 tsp (10mL)
garlic, minced
2 clove(s) (6g)

For all 2 meals:

bread
4 slice (128g)
olive oil
4 tsp (20mL)
garlic, minced
4 clove(s) (12g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

Dinner 3 [🔗](#)

Eat on day 5

Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



mixed greens
3 3/4 cup (113g)
tomatoes
10 tbsp cherry tomatoes (93g)
salad dressing
1/4 cup (56mL)

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

Simple vegan garlic bread

1 slice(s) - 126 cals ● 4g protein ● 6g fat ● 13g carbs ● 2g fiber



Makes 1 slice(s)

bread
1 slice (32g)
olive oil
1 tsp (5mL)
garlic, minced
1 clove(s) (3g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

Cajun tofu

196 cals ● 14g protein ● 14g fat ● 4g carbs ● 0g fiber



cajun seasoning
5 dash (1g)
oil
1 1/4 tsp (6mL)
firm tofu, patted dry & cubed
6 1/4 oz (177g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Zoodles with avocado sauce

588 cals ● 13g protein ● 39g fat ● 22g carbs ● 25g fiber



For single meal:

water
3/8 cup(s) (99mL)
lemon juice
1/4 cup (56mL)
fresh basil
1 1/4 cup leaves, whole (30g)
tomatoes, halved
12 1/2 cherry tomatoes (213g)
zucchini
1 1/4 large (404g)
avocados, peeled and seed removed
1 1/4 avocado(s) (251g)

For all 2 meals:

water
5/6 cup(s) (197mL)
lemon juice
1/2 cup (113mL)
fresh basil
2 1/2 cup leaves, whole (60g)
tomatoes, halved
25 cherry tomatoes (425g)
zucchini
2 1/2 large (808g)
avocados, peeled and seed removed
2 1/2 avocado(s) (503g)

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.
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Protein Supplement(s)

Eat every day

Protein shake

2 1/2 scoop - 273 cal● 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.
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