

# Meal Plan - 2200 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

2088 cals ● 155g protein (30%) ● 83g fat (36%) ● 128g carbs (25%) ● 53g fiber (10%)

### Breakfast

330 cals, 16g protein, 19g net carbs, 19g fat



**Celery and peanut butter**  
218 cals



**Breakfast cereal with protein almond milk**  
112 cals

### Snacks

290 cals, 8g protein, 15g net carbs, 20g fat



**Ants on a log**  
184 cals



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

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

520 cals, 40g protein, 14g net carbs, 27g fat



**Basic tempeh**  
6 oz- 443 cals



**Garlic collard greens**  
80 cals

### Dinner

675 cals, 30g protein, 77g net carbs, 15g fat



**White bean cassoulet**  
577 cals



**Simple salad with tomatoes and carrots**  
98 cals

## Day 2

2178 cals ● 138g protein (25%) ● 99g fat (41%) ● 131g carbs (24%) ● 52g fiber (10%)

### Breakfast

330 cals, 16g protein, 19g net carbs, 19g fat



**Celery and peanut butter**  
218 cals



**Breakfast cereal with protein almond milk**  
112 cals

### Snacks

290 cals, 8g protein, 15g net carbs, 20g fat



**Ants on a log**  
184 cals



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

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

695 cals, 24g protein, 50g net carbs, 33g fat



**Edamame slaw salad bowl**  
393 cals



**Grapes**  
116 cals



**Pistachios**  
188 cals

### Dinner

590 cals, 29g protein, 45g net carbs, 25g fat



**Chickpea & kale soup**  
409 cals



**Pumpkin seeds**  
183 cals

## Day 3

2210 cals ● 166g protein (30%) ● 100g fat (41%) ● 114g carbs (21%) ● 46g fiber (8%)

### Breakfast

320 cals, 14g protein, 18g net carbs, 18g fat



**Roasted peanuts**  
1/6 cup(s)- 173 cals



**Hummus toast**  
1 slice(s)- 146 cals

### Snacks

290 cals, 8g protein, 15g net carbs, 20g fat



**Ants on a log**  
184 cals



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

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

695 cals, 24g protein, 50g net carbs, 33g fat



**Edamame slaw salad bowl**  
393 cals



**Grapes**  
116 cals



**Pistachios**  
188 cals

### Dinner

635 cals, 60g protein, 28g net carbs, 27g fat



**Vegan sausage**  
2 sausage(s)- 536 cals



**Simple salad with tomatoes and carrots**  
98 cals

## Day 4

2211 cals ● 161g protein (29%) ● 103g fat (42%) ● 129g carbs (23%) ● 31g fiber (6%)

### Breakfast

320 cals, 14g protein, 18g net carbs, 18g fat



**Roasted peanuts**  
1/6 cup(s)- 173 cals



**Hummus toast**  
1 slice(s)- 146 cals

### Snacks

320 cals, 9g protein, 20g net carbs, 21g fat



**Kale chips**  
69 cals



**Roasted cashews**  
1/4 cup(s)- 209 cals



**Cherry tomatoes**  
12 cherry tomatoes- 42 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

665 cals, 18g protein, 61g net carbs, 35g fat



**Vegan grilled cheese**  
1 1/2 sandwich(es)- 496 cals



**Simple mixed greens salad**  
170 cals

### Dinner

635 cals, 60g protein, 28g net carbs, 27g fat



**Vegan sausage**  
2 sausage(s)- 536 cals



**Simple salad with tomatoes and carrots**  
98 cals

## Day 5

2240 cals ● 153g protein (27%) ● 129g fat (52%) ● 77g carbs (14%) ● 40g fiber (7%)

### Breakfast

320 cals, 14g protein, 18g net carbs, 18g fat



**Roasted peanuts**  
1/6 cup(s)- 173 cals



**Hummus toast**  
1 slice(s)- 146 cals

### Snacks

320 cals, 9g protein, 20g net carbs, 21g fat



**Kale chips**  
69 cals



**Roasted cashews**  
1/4 cup(s)- 209 cals



**Cherry tomatoes**  
12 cherry tomatoes- 42 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

665 cals, 30g protein, 18g net carbs, 48g fat



**Walnut crusted tofu (vegan)**  
568 cals



**Simple salad with tomatoes and carrots**  
98 cals

### Dinner

660 cals, 40g protein, 19g net carbs, 40g fat



**Crack slaw with tempeh**  
422 cals



**Sunflower seeds**  
240 cals

## Day 6

2184 cals ● 150g protein (27%) ● 120g fat (49%) ● 96g carbs (18%) ● 31g fiber (6%)

### Breakfast

365 cals, 5g protein, 18g net carbs, 29g fat



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



**Sweet potato chips**  
25 chips- 193 cals

### Snacks

255 cals, 29g protein, 13g net carbs, 9g fat



**Kiwi**  
1 kiwi- 47 cals



**Protein shake (almond milk)**  
210 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

665 cals, 30g protein, 18g net carbs, 48g fat



**Walnut crusted tofu (vegan)**  
568 cals



**Simple salad with tomatoes and carrots**  
98 cals

### Dinner

620 cals, 26g protein, 45g net carbs, 33g fat



**Tofu lo-mein**  
451 cals



**Simple mixed greens salad**  
170 cals

## Day 7

2168 cals ● 162g protein (30%) ● 96g fat (40%) ● 126g carbs (23%) ● 38g fiber (7%)

### Breakfast

365 cals, 5g protein, 18g net carbs, 29g fat



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



**Sweet potato chips**  
25 chips- 193 cals

### Snacks

255 cals, 29g protein, 13g net carbs, 9g fat



**Kiwi**  
1 kiwi- 47 cals



**Protein shake (almond milk)**  
210 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

650 cals, 42g protein, 47g net carbs, 25g fat



**Roasted cashews**  
1/6 cup(s)- 156 cals



**Bbq tempeh lettuce wrap**  
6 lettuce wrap(s)- 494 cals

### Dinner

620 cals, 26g protein, 45g net carbs, 33g fat



**Tofu lo-mein**  
451 cals



**Simple mixed greens salad**  
170 cals

## Legumes and Legume Products

- ☐ tempeh  
1 lbs (454g)
- ☐ peanut butter  
1/2 cup (136g)
- ☐ white beans, canned  
3/4 can(s) (329g)
- ☐ chickpeas, canned  
3/4 can(s) (336g)
- ☐ roasted peanuts  
1/2 cup (82g)
- ☐ hummus  
1/2 cup (113g)
- ☐ firm tofu  
1 lbs (454g)
- ☐ extra firm tofu  
2/3 lbs (302g)
- ☐ soy sauce  
2 tsp (10mL)

## Fats and Oils

- ☐ oil  
1 3/4 oz (53mL)
- ☐ salad dressing  
1 1/2 cup (345mL)
- ☐ olive oil  
2 tbsp (30mL)
- ☐ vegan mayonnaise  
4 tbsp (60g)

## Vegetables and Vegetable Products

- ☐ collard greens  
4 oz (113g)
- ☐ garlic  
8 3/4 clove(s) (26g)
- ☐ raw celery  
7 3/4 stalk, medium (7-1/2" - 8" long) (310g)
- ☐ carrots  
6 1/3 medium (384g)
- ☐ onion  
3/4 medium (2-1/2" dia) (83g)
- ☐ romaine lettuce  
2 head (1286g)
- ☐ tomatoes  
6 medium whole (2-3/5" dia) (716g)
- ☐ edamame, frozen, shelled  
2 cup (236g)
- ☐ kale leaves  
6 oz (173g)

## Fruits and Fruit Juices

- ☐ raisins  
1 1/2 miniature box (.5 oz) (21g)
- ☐ grapes  
4 cup (368g)
- ☐ lemon juice  
2 tsp (10mL)
- ☐ kiwi  
2 fruit (138g)

## Nut and Seed Products

- ☐ roasted cashews  
1 cup (146g)
- ☐ pistachios, shelled  
1/2 cup (62g)
- ☐ roasted pumpkin seeds, unsalted  
4 tbsp (30g)
- ☐ walnuts  
1/4 lbs (127g)
- ☐ sunflower kernels  
1 3/4 oz (50g)

## Beverages

- ☐ protein powder  
20 scoop (1/3 cup ea) (620g)
- ☐ water  
18 1/2 cup(s) (4385mL)
- ☐ almond milk, unsweetened  
2 1/2 cup (600mL)

## Breakfast Cereals

- ☐ breakfast cereal  
1 serving (30g)

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
3 1/2 cup(s) (mL)
- ☐ hot sauce  
1 tsp (5mL)
- ☐ oriental flavored ramen  
2/3 package with flavor packet (57g)
- ☐ barbecue sauce  
3 tbsp (51g)

## Other

☐ frozen mixed veggies  
2/3 lbs (302g)

☐ bell pepper  
3/4 small (56g)

### Spices and Herbs

☐ salt  
1/4 tbsp (4g)

☐ dijon mustard  
2 tbsp (30g)

☐ coleslaw mix  
9 1/2 cup (855g)

☐ vegan sausage  
4 sausage (400g)

☐ vegan cheese, sliced  
3 slice(s) (60g)

☐ mixed greens  
11 1/4 cup (338g)

☐ sweet potato chips  
50 chips (71g)

### Baked Products

☐ bread  
6 slice (192g)

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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Celery and peanut butter

218 cals ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



For single meal:

**raw celery**

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

**peanut butter**

2 tbsp (32g)

For all 2 meals:

**raw celery**

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

**peanut butter**

4 tbsp (64g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

### Breakfast cereal with protein almond milk

112 cals ● 8g protein ● 3g fat ● 13g carbs ● 2g fiber



For single meal:

**breakfast cereal**

1/2 serving (15g)

**almond milk, unsweetened**

4 tbsp (60mL)

**protein powder**

1/4 scoop (1/3 cup ea) (8g)

For all 2 meals:

**breakfast cereal**

1 serving (30g)

**almond milk, unsweetened**

1/2 cup (120mL)

**protein powder**

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

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

### Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
3 tbsp (27g)

For all 3 meals:

**roasted peanuts**  
1/2 cup (82g)

1. The recipe has no instructions.

### Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

**bread**  
1 slice (32g)  
**hummus**  
2 1/2 tbsp (38g)

For all 3 meals:

**bread**  
3 slice (96g)  
**hummus**  
1/2 cup (113g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.



Breakfast 3 [↗](#)

Eat on day 6 and day 7

Walnuts

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



For single meal:

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

For all 2 meals:

**walnuts**  
1/2 cup, shelled (50g)

1. The recipe has no instructions.

Sweet potato chips

25 chips - 193 cals ● 1g protein ● 13g fat ● 16g carbs ● 3g fiber



For single meal:

**sweet potato chips**  
25 chips (35g)

For all 2 meals:

**sweet potato chips**  
50 chips (71g)

1. Serve chips in a bowl and enjoy.

## Lunch 1 [↗](#)

Eat on day 1

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### Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

#### tempeh

6 oz (170g)

#### oil

1 tbsp (15mL)

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.

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### Garlic collard greens

80 cals ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



#### collard greens

4 oz (113g)

#### oil

1/4 tbsp (4mL)

#### salt

1/2 dash (0g)

#### garlic, minced

3/4 clove(s) (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
  2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
  3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
  4. Season with salt and serve.
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## Lunch 2 [↗](#)

Eat on day 2 and day 3

### Edamame slaw salad bowl

393 cals ● 16g protein ● 18g fat ● 26g carbs ● 15g fiber



For single meal:

**edamame, frozen, shelled**  
1 cup (118g)  
**coleslaw mix**  
3 cup (270g)  
**salad dressing**  
4 tbsp (60mL)  
**carrots, sliced into matchsticks**  
2 small (5-1/2" long) (100g)

For all 2 meals:

**edamame, frozen, shelled**  
2 cup (236g)  
**coleslaw mix**  
6 cup (540g)  
**salad dressing**  
1/2 cup (120mL)  
**carrots, sliced into matchsticks**  
4 small (5-1/2" long) (200g)

1. Prepare edamame according to the package instructions.
2. Prepare salad by mixing together coleslaw mix, carrots, edamame, and dressing. Serve.

### Grapes

116 cals ● 1g protein ● 1g fat ● 18g carbs ● 7g fiber



For single meal:

**grapes**  
2 cup (184g)

For all 2 meals:

**grapes**  
4 cup (368g)

1. The recipe has no instructions.

### Pistachios

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



For single meal:

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

For all 2 meals:

**pistachios, shelled**  
1/2 cup (62g)

1. The recipe has no instructions.

## Lunch 3 [↗](#)

Eat on day 4

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### Vegan grilled cheese

1 1/2 sandwich(es) - 496 cal ● 15g protein ● 24g fat ● 50g carbs ● 6g fiber



Makes 1 1/2 sandwich(es)

**bread**

3 slice (96g)

**oil**

1/2 tbsp (8mL)

**vegan cheese, sliced**

3 slice(s) (60g)

1. Preheat skillet to medium-low with half of the oil.
2. Place one slice of bread on the skillet and top with cheese and the other slice of bread.
3. Grill until lightly browned- remove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.

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### Simple mixed greens salad

170 cal ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



**mixed greens**

3 3/4 cup (113g)

**salad dressing**

1/4 cup (56mL)

1. Mix greens and dressing in a small bowl. Serve.
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## Lunch 4 [↗](#)

Eat on day 5 and day 6

### Walnut crusted tofu (vegan)

568 cals ● 26g protein ● 45g fat ● 11g carbs ● 4g fiber



For single meal:

**lemon juice**  
1 tsp (5mL)  
**dijon mustard**  
1 tbsp (15g)  
**vegan mayonnaise**  
2 tbsp (30g)  
**walnuts**  
1/3 cup, chopped (39g)  
**firm tofu, drained**  
1/2 lbs (227g)  
**garlic, diced**  
2 clove(s) (6g)

For all 2 meals:

**lemon juice**  
2 tsp (10mL)  
**dijon mustard**  
2 tbsp (30g)  
**vegan mayonnaise**  
4 tbsp (60g)  
**walnuts**  
2/3 cup, chopped (77g)  
**firm tofu, drained**  
1 lbs (454g)  
**garlic, diced**  
4 clove(s) (12g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the vegan mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

**salad dressing**  
3/4 tbsp (11mL)  
**carrots, sliced**  
1/4 medium (15g)  
**romaine lettuce, roughly chopped**  
1/2 hearts (250g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia)  
(62g)

For all 2 meals:

**salad dressing**  
1 1/2 tbsp (23mL)  
**carrots, sliced**  
1/2 medium (31g)  
**romaine lettuce, roughly chopped**  
1 hearts (500g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.



## Lunch 5 [🔗](#)

Eat on day 7

### Roasted cashews

1/6 cup(s) - 156 cals ● 4g protein ● 12g fat ● 8g carbs ● 1g fiber



Makes 1/6 cup(s)

**roasted cashews**  
3 tbsp (26g)

1. The recipe has no instructions.

### Bbq tempeh lettuce wrap

6 lettuce wrap(s) - 494 cals ● 38g protein ● 13g fat ● 39g carbs ● 17g fiber



Makes 6 lettuce wrap(s)

**oil**  
1/4 tbsp (4mL)  
**coleslaw mix**  
1 1/2 cup (135g)  
**barbecue sauce**  
3 tbsp (51g)  
**romaine lettuce**  
6 leaf inner (36g)  
**tempeh, cubed**  
6 oz (170g)  
**bell pepper, deseeded and sliced**  
3/4 small (56g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

## Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

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### Ants on a log

184 cals ● 6g protein ● 12g fat ● 10g carbs ● 2g fiber



For single meal:

**raisins**

1/2 miniature box (.5 oz) (7g)

**raw celery, trimmed**

1 stalk, medium (7-1/2" - 8" long)  
(40g)

**peanut butter**

1 1/2 tbsp (24g)

For all 3 meals:

**raisins**

1 1/2 miniature box (.5 oz) (21g)

**raw celery, trimmed**

3 stalk, medium (7-1/2" - 8" long)  
(120g)

**peanut butter**

1/4 cup (72g)

1. Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

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### 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.
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## Snacks 2 [🔗](#)

Eat on day 4 and day 5

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### Kale chips

69 cals ● 2g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

**salt**  
1/3 tsp (2g)  
**kale leaves**  
1/3 bunch (57g)  
**olive oil**  
1 tsp (5mL)

For all 2 meals:

**salt**  
1/4 tbsp (4g)  
**kale leaves**  
2/3 bunch (113g)  
**olive oil**  
2 tsp (10mL)

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

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### Roasted cashews

1/4 cup(s) - 209 cals ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

**roasted cashews**  
4 tbsp (34g)

For all 2 meals:

**roasted cashews**  
1/2 cup (69g)

1. The recipe has no instructions.

### 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.

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## Snacks 3 [🔗](#)

Eat on day 6 and day 7

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### Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

**kiwi**  
1 fruit (69g)

For all 2 meals:

**kiwi**  
2 fruit (138g)

1. Slice the kiwi and serve.

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### 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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## Dinner 1 [↗](#)

Eat on day 1

### White bean cassoulet

577 cal ● 27g protein ● 12g fat ● 70g carbs ● 21g fiber



**vegetable broth**  
3/8 cup(s) (mL)  
**oil**  
3/4 tbsp (11mL)  
**raw celery, thinly sliced**  
3/4 stalk, medium (7-1/2" - 8" long) (30g)  
**carrots, peeled & sliced**  
1 1/2 large (108g)  
**onion, diced**  
3/4 medium (2-1/2" dia) (83g)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**white beans, canned, drained & rinsed**  
3/4 can(s) (329g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

### Simple salad with tomatoes and carrots

98 cal ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



**salad dressing**  
3/4 tbsp (11mL)  
**carrots, sliced**  
1/4 medium (15g)  
**romaine lettuce, roughly chopped**  
1/2 hearts (250g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

## Dinner 2 [↗](#)

Eat on day 2

### Chickpea & kale soup

409 cals ● 20g protein ● 11g fat ● 42g carbs ● 16g fiber



**vegetable broth**  
3 cup(s) (mL)  
**oil**  
1/4 tbsp (4mL)  
**kale leaves, chopped**  
1 1/2 cup, chopped (60g)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**chickpeas, canned, drained**  
3/4 can(s) (336g)

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.

### Pumpkin seeds

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



**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

1. The recipe has no instructions.

## Dinner 3 [↗](#)

Eat on day 3 and day 4

### Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:

**vegan sausage**  
2 sausage (200g)

For all 2 meals:

**vegan sausage**  
4 sausage (400g)

1. Prepare according to package instructions.
2. Serve.



## Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

**salad dressing**  
3/4 tbsp (11mL)  
**carrots, sliced**  
1/4 medium (15g)  
**romaine lettuce, roughly chopped**  
1/2 hearts (250g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia)  
(62g)

For all 2 meals:

**salad dressing**  
1 1/2 tbsp (23mL)  
**carrots, sliced**  
1/2 medium (31g)  
**romaine lettuce, roughly chopped**  
1 hearts (500g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

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## Dinner 4 [↗](#)

Eat on day 5

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### 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.

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### Sunflower seeds

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



**sunflower kernels**  
1 1/3 oz (38g)

1. The recipe has no instructions.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Tofu lo-mein

451 cals ● 22g protein ● 21g fat ● 35g carbs ● 8g fiber



For single meal:

**extra firm tofu**  
1/3 lbs (151g)  
**soy sauce**  
1 tsp (5mL)  
**water**  
1/2 cup(s) (118mL)  
**olive oil**  
2 tsp (10mL)  
**frozen mixed veggies**  
1/3 lbs (151g)  
**oriental flavored ramen**  
1/3 package with flavor packet (28g)

For all 2 meals:

**extra firm tofu**  
2/3 lbs (302g)  
**soy sauce**  
2 tsp (10mL)  
**water**  
1 cup(s) (237mL)  
**olive oil**  
4 tsp (20mL)  
**frozen mixed veggies**  
2/3 lbs (302g)  
**oriental flavored ramen**  
2/3 package with flavor packet (57g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning.
2. Meanwhile bring water to a boil in a medium saucepan. Add noodles from ramen package, reserving the seasoning envelopes. Boil for about 2 minutes, until the noodles soften. Drain.
3. Add the stir-fry vegetables to the pan with the tofu, and season with the ramen noodle seasoning packet. Cook, stirring occasionally until vegetables are tender, but not mushy. Add noodles, and stir to blend. Season with soy sauce and serve.

Simple mixed greens salad

170 cals ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



For single meal:

**mixed greens**  
3 3/4 cup (113g)  
**salad dressing**  
1/4 cup (56mL)

For all 2 meals:

**mixed greens**  
7 1/2 cup (225g)  
**salad dressing**  
1/2 cup (113mL)

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

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## Protein Supplement(s) [↗](#)

Eat every day

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### 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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