

Meal Plan - 2300 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

2292 cals ● 157g protein (27%) ● 113g fat (44%) ● 122g carbs (21%) ● 41g fiber (7%)

Breakfast

385 cals, 10g protein, 32g net carbs, 22g fat



[Small granola bar](#)

2 bar(s)- 238 cals



[Roasted almonds](#)

1/6 cup(s)- 148 cals

Snacks

270 cals, 6g protein, 24g net carbs, 14g fat



[Watermelon](#)

6 oz- 61 cals



[Kale chips](#)

206 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

500 cals, 40g protein, 14g net carbs, 25g fat



[Vegan crumbles](#)

2 cup(s)- 292 cals



[Roasted tomatoes](#)

3 1/2 tomato(es)- 208 cals

Dinner

865 cals, 40g protein, 50g net carbs, 50g fat



[Crispy chik'n tenders](#)

9 tender(s)- 514 cals



[Avocado](#)

351 cals

Day 2

2348 cals ● 156g protein (27%) ● 120g fat (46%) ● 134g carbs (23%) ● 27g fiber (5%)

Breakfast

385 cals, 10g protein, 32g net carbs, 22g fat



Small granola bar
2 bar(s)- 238 cals



Roasted almonds
1/6 cup(s)- 148 cals

Snacks

270 cals, 6g protein, 24g net carbs, 14g fat



Watermelon
6 oz- 61 cals



Kale chips
206 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

720 cals, 40g protein, 33g net carbs, 47g fat



Sauteed Kale
91 cals



Lemon pepper tofu
17 1/2 oz- 630 cals

Dinner

700 cals, 39g protein, 43g net carbs, 36g fat



Banana
1 banana(s)- 117 cals



Seitan salad
359 cals



Sunflower seeds
226 cals

Day 3

2282 cals ● 158g protein (28%) ● 111g fat (44%) ● 131g carbs (23%) ● 32g fiber (6%)

Breakfast

385 cals, 10g protein, 32g net carbs, 22g fat



Small granola bar
2 bar(s)- 238 cals



Roasted almonds
1/6 cup(s)- 148 cals

Snacks

200 cals, 8g protein, 20g net carbs, 5g fat



Soy milk
1 cup(s)- 85 cals



Grapes
116 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

720 cals, 40g protein, 33g net carbs, 47g fat



Sauteed Kale
91 cals



Lemon pepper tofu
17 1/2 oz- 630 cals

Dinner

700 cals, 39g protein, 43g net carbs, 36g fat



Banana
1 banana(s)- 117 cals



Seitan salad
359 cals



Sunflower seeds
226 cals

Day 4

2338 cals ● 200g protein (34%) ● 87g fat (34%) ● 129g carbs (22%) ● 59g fiber (10%)

Breakfast

375 cals, 34g protein, 8g net carbs, 21g fat



Roasted almonds
1/6 cup(s)- 166 cals



Protein shake (almond milk)
210 cals

Snacks

200 cals, 8g protein, 20g net carbs, 5g fat



Soy milk
1 cup(s)- 85 cals



Grapes
116 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

660 cals, 36g protein, 61g net carbs, 23g fat



Simple kale & avocado salad
230 cals



Chik'n stir fry
427 cals

Dinner

830 cals, 62g protein, 38g net carbs, 37g fat



Carrot & grounds stir fry
830 cals

Day 5

2246 cals ● 192g protein (34%) ● 108g fat (43%) ● 97g carbs (17%) ● 29g fiber (5%)

Breakfast

375 cals, 34g protein, 8g net carbs, 21g fat



Roasted almonds
1/6 cup(s)- 166 cals



Protein shake (almond milk)
210 cals

Snacks

305 cals, 13g protein, 14g net carbs, 20g fat



Dark chocolate
3 square(s)- 180 cals



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

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

670 cals, 28g protein, 49g net carbs, 36g fat



Mixed nuts
1/4 cup(s)- 218 cals



Sesame orange tofu
7 oz tofu- 377 cals



Vegan buttery garlic green beans
73 cals

Dinner

625 cals, 56g protein, 25g net carbs, 30g fat



Brown rice
1/4 cup brown rice, cooked- 57 cals



Baked tofu
20 oz- 566 cals

Day 6

2256 cals ● 177g protein (31%) ● 116g fat (46%) ● 97g carbs (17%) ● 30g fiber (5%)

Breakfast

385 cals, 19g protein, 8g net carbs, 29g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Pumpkin seeds

366 cals

Snacks

305 cals, 13g protein, 14g net carbs, 20g fat



Dark chocolate

3 square(s)- 180 cals



Soy milk

1 1/2 cup(s)- 127 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

670 cals, 28g protein, 49g net carbs, 36g fat



Mixed nuts

1/4 cup(s)- 218 cals



Sesame orange tofu

7 oz tofu- 377 cals



Vegan buttery garlic green beans

73 cals

Dinner

625 cals, 56g protein, 25g net carbs, 30g fat



Brown rice

1/4 cup brown rice, cooked- 57 cals



Baked tofu

20 oz- 566 cals

Day 7

2166 cals ● 144g protein (27%) ● 115g fat (48%) ● 107g carbs (20%) ● 33g fiber (6%)

Breakfast

385 cals, 19g protein, 8g net carbs, 29g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Pumpkin seeds

366 cals

Snacks

305 cals, 13g protein, 14g net carbs, 20g fat



Dark chocolate

3 square(s)- 180 cals



Soy milk

1 1/2 cup(s)- 127 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

680 cals, 33g protein, 33g net carbs, 39g fat



Vegan deli smashed avocado sandwich

1 sandwich(es)- 387 cals



Roasted almonds

1/3 cup(s)- 296 cals

Dinner

520 cals, 19g protein, 50g net carbs, 26g fat



Basic tofu

6 oz- 257 cals



Tomato cucumber salad

71 cals



Brown rice

5/6 cup brown rice, cooked- 191 cals

Legumes and Legume Products

- ☐ vegetarian burger crumbles
1 1/2 package (12 oz) (483g)
- ☐ firm tofu
3 1/2 lbs (1559g)
- ☐ soy sauce
16 1/3 oz (386mL)
- ☐ extra firm tofu
2 1/2 lbs (1134g)

Fats and Oils

- ☐ oil
4 oz (118mL)
- ☐ olive oil
2 tbsp (30mL)
- ☐ salad dressing
1 1/2 oz (45mL)

Vegetables and Vegetable Products

- ☐ tomatoes
6 1/2 medium whole (2-3/5" dia) (788g)
- ☐ kale leaves
19 1/4 oz (545g)
- ☐ ketchup
2 1/4 tbsp (38g)
- ☐ fresh spinach
4 cup(s) (120g)
- ☐ bell pepper
3/4 medium (89g)
- ☐ carrots
5 medium (315g)
- ☐ garlic
6 clove(s) (18g)
- ☐ onion
5/6 large (125g)
- ☐ fresh cilantro
2 1/2 tbsp, chopped (7g)
- ☐ fresh green beans
3/4 lbs (340g)
- ☐ fresh ginger
2 1/2 slices (1" dia) (6g)
- ☐ red onion
1/4 small (18g)
- ☐ cucumber
1/4 cucumber (8-1/4") (75g)

Fruits and Fruit Juices

Beverages

- ☐ protein powder
19 1/2 scoop (1/3 cup ea) (605g)
- ☐ water
19 cup (4570mL)
- ☐ almond milk, unsweetened
2 cup (480mL)

Snacks

- ☐ small granola bar
6 bar (150g)

Nut and Seed Products

- ☐ almonds
1 1/4 cup, whole (173g)
- ☐ sunflower kernels
2 1/2 oz (71g)
- ☐ mixed nuts
1/2 cup (67g)
- ☐ sesame seeds
1 oz (29g)
- ☐ roasted pumpkin seeds, unsalted
1 cup (118g)

Other

- ☐ meatless chik'n tenders
9 pieces (230g)
- ☐ nutritional yeast
2 tsp (3g)
- ☐ soy milk, unsweetened
6 1/2 cup(s) (mL)
- ☐ vegan chik'n strips
1/4 lbs (106g)
- ☐ sriracha chili sauce
1 tbsp (15g)
- ☐ sesame oil
1 tbsp (15mL)
- ☐ vegan butter
1 1/2 tbsp (21g)
- ☐ plant-based deli slices
5 slices (52g)
- ☐ mixed greens
1/2 cup (15g)

Cereal Grains and Pasta

- ☐ cornstarch
1/2 cup (64g)

- ☐ **Watermelon**
12 oz (340g)
- ☐ **avocados**
2 1/3 avocado(s) (469g)
- ☐ **lemon juice**
1 tsp (5mL)
- ☐ **lemon**
3 small (174g)
- ☐ **banana**
2 medium (7" to 7-7/8" long) (236g)
- ☐ **grapes**
4 cup (368g)
- ☐ **lime juice**
2 1/2 tsp (13mL)
- ☐ **orange**
1/2 fruit (2-7/8" dia) (70g)

Spices and Herbs

- ☐ **salt**
1 tbsp (16g)
- ☐ **lemon pepper**
3 g (3g)
- ☐ **crushed red pepper**
1/2 tsp (1g)
- ☐ **black pepper**
1/3 tsp, ground (1g)

- ☐ **seitan**
6 oz (170g)
- ☐ **brown rice**
3/4 cup (138g)

Sweets

- ☐ **chocolate, dark, 70-85%**
9 square(s) (90g)
- ☐ **sugar**
2 tbsp (26g)

Baked Products

- ☐ **bread**
2 slice(s) (64g)

Soups, Sauces, and Gravies

- ☐ **hot sauce**
1 tsp (5mL)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Small granola bar

2 bar(s) - 238 cals ● 5g protein ● 10g fat ● 30g carbs ● 3g fiber



For single meal:

small granola bar
2 bar (50g)

For all 3 meals:

small granola bar
6 bar (150g)

1. The recipe has no instructions.

Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
2 2/3 tbsp, whole (24g)

For all 3 meals:

almonds
1/2 cup, whole (72g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
3 tbsp, whole (27g)

For all 2 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.

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.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Cherry tomatoes

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



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

tomatoes

12 cherry tomatoes (204g)

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

Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

roasted pumpkin seeds, unsalted

1/2 cup (59g)

For all 2 meals:

roasted pumpkin seeds, unsalted

1 cup (118g)

1. The recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Vegan crumbles

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



Makes 2 cup(s)

vegetarian burger crumbles

2 cup (200g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

Roasted tomatoes

3 1/2 tomato(es) - 208 cals ● 3g protein ● 16g fat ● 8g carbs ● 4g fiber



Makes 3 1/2 tomato(es)

oil

3 1/2 tsp (18mL)

tomatoes

3 1/2 small whole (2-2/5" dia) (319g)

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.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Sauteed Kale

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



For single meal:

kale leaves

1 1/2 cup, chopped (60g)

oil

1/2 tbsp (8mL)

For all 2 meals:

kale leaves

3 cup, chopped (120g)

oil

1 tbsp (15mL)

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.

Lemon pepper tofu

17 1/2 oz - 630 cals ● 39g protein ● 40g fat ● 29g carbs ● 1g fiber



For single meal:

cornstarch

2 1/2 tbsp (20g)

oil

1 1/4 tbsp (19mL)

lemon pepper

5 dash (1g)

lemon, zested

1 1/4 small (73g)

firm tofu, patted dry & cubed

17 1/2 oz (496g)

For all 2 meals:

cornstarch

5 tbsp (40g)

oil

2 1/2 tbsp (38mL)

lemon pepper

1 1/4 tsp (3g)

lemon, zested

2 1/2 small (145g)

firm tofu, patted dry & cubed

35 oz (992g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

Lunch 3 [↗](#)

Eat on day 4

Simple kale & avocado salad

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



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

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.

Chik'n stir fry

427 cals ● 31g protein ● 7g fat ● 51g carbs ● 8g fiber



brown rice
1/4 cup (53g)
water
1/2 cup(s) (133mL)
soy sauce
1 1/4 tbsp (19mL)
vegan chik'n strips
1/4 lbs (106g)
bell pepper, deseeded & cut into thin strips
3/4 medium (89g)
carrots, cut into thin strips
1 1/2 small (5-1 1/2" long) (75g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
 2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
 3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and serve.
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Lunch 4 [↗](#)

Eat on day 5 and day 6

Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

mixed nuts
4 tbsp (34g)

For all 2 meals:

mixed nuts
1/2 cup (67g)

1. The recipe has no instructions.

Sesame orange tofu

7 oz tofu - 377 cals ● 18g protein ● 17g fat ● 35g carbs ● 2g fiber



For single meal:

soy sauce
1 tbsp (15mL)
sugar
1 tbsp (13g)
sriracha chili sauce
1/2 tbsp (8g)
cornstarch
1 1/2 tbsp (12g)
sesame seeds
1 tsp (3g)
sesame oil
1/2 tbsp (8mL)
garlic, minced
1 clove(s) (3g)
orange, juiced
1/4 fruit (2-7/8" dia) (35g)
firm tofu, patted dry & cubed
1/2 lbs (198g)

For all 2 meals:

soy sauce
2 tbsp (30mL)
sugar
2 tbsp (26g)
sriracha chili sauce
1 tbsp (15g)
cornstarch
3 tbsp (24g)
sesame seeds
2 tsp (6g)
sesame oil
1 tbsp (15mL)
garlic, minced
2 clove(s) (6g)
orange, juiced
1/2 fruit (2-7/8" dia) (70g)
firm tofu, patted dry & cubed
14 oz (397g)

1. Make orange sauce. In a small bowl whisk together the garlic, orange juice, sugar, soy sauce and sriracha. Set aside.
2. In a large bowl toss the cubed tofu with the cornstarch and sesame seeds.
3. Heat sesame oil in a skillet over medium heat. Add tofu and fry until crispy, 5-8 minutes.
4. Pour in orange sauce and cook until thickened and warmed, 1-2 minutes.
5. Serve.

Vegan buttery garlic green beans

73 cals ● 3g protein ● 1g fat ● 8g carbs ● 5g fiber



For single meal:

salt
1 1/2 dash (1g)
lemon pepper
1 dash (0g)
vegan butter
3/4 tbsp (11g)
garlic, minced
1 clove(s) (3g)
fresh green beans, trimmed, snapped in half
6 oz (170g)

For all 2 meals:

salt
3 dash (2g)
lemon pepper
1/4 tsp (0g)
vegan butter
1 1/2 tbsp (21g)
garlic, minced
2 1/4 clove(s) (7g)
fresh green beans, trimmed, snapped in half
3/4 lbs (340g)

1. Place green beans in a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
5. Serve.

Lunch 5 [🔗](#)

Eat on day 7

Vegan deli smashed avocado sandwich

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



Makes 1 sandwich(es)

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)

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 almonds

1/3 cup(s) - 296 cals ● 10g protein ● 24g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

almonds
1/3 cup, whole (48g)

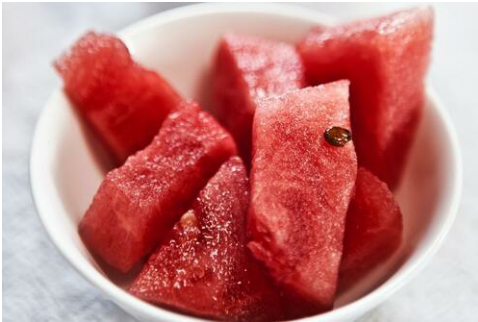
1. The recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Watermelon

6 oz - 61 cals ● 2g protein ● 0g fat ● 13g carbs ● 1g fiber



For single meal:

Watermelon
6 oz (170g)

For all 2 meals:

Watermelon
12 oz (340g)

1. Slice watermelon and serve.
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Kale chips

206 cals ● 5g protein ● 14g fat ● 11g carbs ● 3g fiber



For single meal:

salt
1 tsp (6g)
kale leaves
1 bunch (170g)
olive oil
1 tbsp (15mL)

For all 2 meals:

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

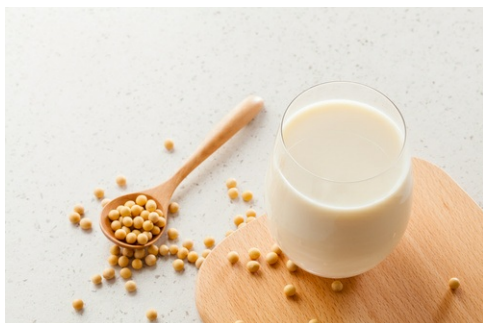
1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
 2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
 3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
 4. Drizzle olive oil over leaves (be conservative with 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
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Snacks 2 [🔗](#)

Eat on day 3 and day 4

Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



For single meal:

soy milk, unsweetened
1 cup(s) (mL)

For all 2 meals:

soy milk, unsweetened
2 cup(s) (mL)

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

Eat on day 5, day 6, and day 7

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.

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 3 meals:

soy milk, unsweetened
4 1/2 cup(s) (mL)

1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Crispy chik'n tenders

9 tender(s) - 514 cals ● 36g protein ● 20g fat ● 46g carbs ● 0g fiber



Makes 9 tender(s)

meatless chik'n tenders
9 pieces (230g)
ketchup
2 1/4 tbsp (38g)

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

Avocado

351 cals ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



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.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana
1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

banana
2 medium (7" to 7-7/8" long) (236g)

1. The recipe has no instructions.

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.

Sunflower seeds

226 cal ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

- sunflower kernels
- 1 1/4 oz (35g)

For all 2 meals:

- sunflower kernels
- 2 1/2 oz (71g)

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

Eat on day 4

Carrot & grounds stir fry

830 cals ● 62g protein ● 37g fat ● 38g carbs ● 26g fiber



carrots
3 1/3 large (240g)
vegetarian burger crumbles
10 oz (283g)
soy sauce
2 1/2 tbsp (37mL)
water
5 tsp (25mL)
crushed red pepper
3 1/3 dash (1g)
lime juice
2 1/2 tsp (12mL)
oil
5 tsp (25mL)
garlic, minced
1 2/3 clove(s) (5g)
onion, chopped
5/6 large (125g)
fresh cilantro, chopped
2 1/2 tbsp, chopped (7g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro,

Dinner 4 [↗](#)

Eat on day 5 and day 6

Brown rice

1/4 cup brown rice, cooked - 57 cals ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:
salt
1/2 dash (0g)
water
1/6 cup(s) (39mL)
black pepper
1/2 dash, ground (0g)
brown rice
4 tsp (16g)

For all 2 meals:
salt
1 dash (1g)
water
1/3 cup(s) (79mL)
black pepper
1 dash, ground (0g)
brown rice
2 2/3 tbsp (32g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Baked tofu

20 oz - 566 cals ● 55g protein ● 29g fat ● 14g carbs ● 7g fiber



For single meal:

soy sauce

10 tbsp (150mL)

sesame seeds

1 1/4 tbsp (11g)

extra firm tofu

1 1/4 lbs (567g)

fresh ginger, peeled and grated

1 1/4 slices (1" dia) (3g)

For all 2 meals:

soy sauce

1 1/4 cup (300mL)

sesame seeds

2 1/2 tbsp (23g)

extra firm tofu

2 1/2 lbs (1134g)

fresh ginger, peeled and grated

2 1/2 slices (1" dia) (6g)

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.

Dinner 5 [↗](#)

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.

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



salad dressing

1 tbsp (15mL)

red onion, thinly sliced

1/4 small (18g)

cucumber, thinly sliced

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

tomatoes, thinly sliced

1/2 medium whole (2-3 5/8" dia) (62g)

1. Mix ingredients together in a bowl and serve.

Brown rice

5/6 cup brown rice, cooked - 191 cals ● 4g protein ● 2g fat ● 39g carbs ● 2g fiber



Makes 5/6 cup brown rice, cooked

salt

1/4 tsp (1g)

water

1/2 cup(s) (132mL)

black pepper

1/4 tsp, ground (0g)

brown rice

1/4 cup (53g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

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.
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