

# Meal Plan - 2400 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

2295 cals ● 166g protein (29%) ● 105g fat (41%) ● 119g carbs (21%) ● 53g fiber (9%)

### Breakfast

385 cals, 30g protein, 7g net carbs, 23g fat



**Avocado**  
176 cals



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

### Snacks

305 cals, 9g protein, 20g net carbs, 19g fat



**Pistachios**  
188 cals



**Small granola bar**  
1 bar(s)- 119 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

485 cals, 17g protein, 32g net carbs, 27g fat



**Curried lentils**  
241 cals



**Olive oil drizzled sugar snap peas**  
245 cals

### Dinner

790 cals, 37g protein, 57g net carbs, 35g fat



**Tortilla chips**  
235 cals



**Tempeh taco salad bowl**  
554 cals

## Day 2

2364 cals ● 174g protein (30%) ● 101g fat (38%) ● 139g carbs (23%) ● 51g fiber (9%)

### Breakfast

385 cals, 30g protein, 7g net carbs, 23g fat



**Avocado**  
176 cals



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

### Snacks

305 cals, 9g protein, 20g net carbs, 19g fat



**Pistachios**  
188 cals



**Small granola bar**  
1 bar(s)- 119 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

555 cals, 25g protein, 52g net carbs, 23g fat



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



**Crackers**  
10 cracker(s)- 169 cals

### Dinner

790 cals, 37g protein, 57g net carbs, 35g fat



**Tortilla chips**  
235 cals



**Tempeh taco salad bowl**  
554 cals

## Day 3

2398 cals ● 179g protein (30%) ● 113g fat (42%) ● 123g carbs (21%) ● 44g fiber (7%)

### Breakfast

400 cals, 12g protein, 14g net carbs, 28g fat



**Raspberries**  
1 cup(s)- 72 cals



**Mixed nuts**  
3/8 cup(s)- 327 cals

### Snacks

225 cals, 11g protein, 8g net carbs, 15g fat



**Pumpkin seeds**  
183 cals



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

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

700 cals, 67g protein, 37g net carbs, 25g fat



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



**Sugar snap peas**  
164 cals

### Dinner

745 cals, 18g protein, 62g net carbs, 43g fat



**Pasta with store-bought sauce**  
255 cals



**Pecans**  
1/2 cup- 366 cals



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

## Day 4

2398 cals ● 179g protein (30%) ● 113g fat (42%) ● 123g carbs (21%) ● 44g fiber (7%)

### Breakfast

400 cals, 12g protein, 14g net carbs, 28g fat



**Raspberries**

1 cup(s)- 72 cals



**Mixed nuts**

3/8 cup(s)- 327 cals

### Snacks

225 cals, 11g protein, 8g net carbs, 15g fat



**Pumpkin seeds**

183 cals



**Cherry tomatoes**

12 cherry tomatoes- 42 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**

3 scoop- 327 cals

### Lunch

700 cals, 67g protein, 37g net carbs, 25g fat



**Vegan sausage**

2 sausage(s)- 536 cals



**Sugar snap peas**

164 cals

### Dinner

745 cals, 18g protein, 62g net carbs, 43g fat



**Pasta with store-bought sauce**

255 cals



**Pecans**

1/2 cup- 366 cals



**Simple vegan garlic bread**

1 slice(s)- 126 cals

## Day 5

2398 cals ● 161g protein (27%) ● 127g fat (48%) ● 100g carbs (17%) ● 53g fiber (9%)

### Breakfast

400 cals, 12g protein, 14g net carbs, 28g fat



**Raspberries**

1 cup(s)- 72 cals



**Mixed nuts**

3/8 cup(s)- 327 cals

### Snacks

225 cals, 11g protein, 8g net carbs, 15g fat



**Pumpkin seeds**

183 cals



**Cherry tomatoes**

12 cherry tomatoes- 42 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**

3 scoop- 327 cals

### Lunch

675 cals, 30g protein, 56g net carbs, 30g fat



**Basic tempeh**

4 oz- 295 cals



**Sweet potato medallions**

1 sweet potato- 309 cals



**Beets**

3 beets- 72 cals

### Dinner

770 cals, 37g protein, 20g net carbs, 54g fat



**Walnuts**

1/2 cup(s)- 350 cals



**Crack slaw with tempeh**

422 cals

## Day 6

2361 cals ● 173g protein (29%) ● 103g fat (39%) ● 129g carbs (22%) ● 57g fiber (10%)

### Breakfast

320 cals, 13g protein, 22g net carbs, 13g fat



**Blackberries**

1 2/3 cup(s)- 116 cals



**High-protein granola bar**

1 bar(s)- 204 cals

### Snacks

265 cals, 21g protein, 29g net carbs, 5g fat



**Protein bar**

1 bar- 245 cals



**Cherry tomatoes**

6 cherry tomatoes- 21 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**

3 scoop- 327 cals

### Lunch

675 cals, 30g protein, 56g net carbs, 30g fat



**Basic tempeh**

4 oz- 295 cals



**Sweet potato medallions**

1 sweet potato- 309 cals



**Beets**

3 beets- 72 cals

### Dinner

770 cals, 37g protein, 20g net carbs, 54g fat



**Walnuts**

1/2 cup(s)- 350 cals



**Crack slaw with tempeh**

422 cals

## Day 7

2351 cals ● 178g protein (30%) ● 104g fat (40%) ● 123g carbs (21%) ● 52g fiber (9%)

### Breakfast

320 cals, 13g protein, 22g net carbs, 13g fat



**Blackberries**

1 2/3 cup(s)- 116 cals



**High-protein granola bar**

1 bar(s)- 204 cals

### Snacks

265 cals, 21g protein, 29g net carbs, 5g fat



**Protein bar**

1 bar- 245 cals



**Cherry tomatoes**

6 cherry tomatoes- 21 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**

3 scoop- 327 cals

### Lunch

810 cals, 23g protein, 41g net carbs, 53g fat



**Pecans**

1/2 cup- 366 cals



**Mixed bean salad**

444 cals

### Dinner

625 cals, 48g protein, 28g net carbs, 32g fat



**Simple seitan**

5 oz- 305 cals



**Roasted broccoli with nutritional yeast**

3 cup(s)- 323 cals

# Grocery List



## Snacks

- ☐ tortilla chips  
3 1/3 oz (95g)
- ☐ small granola bar  
2 bar (50g)
- ☐ high-protein granola bar  
2 bar (80g)

## Legumes and Legume Products

- ☐ tempeh  
1 1/2 lbs (680g)
- ☐ refried beans  
1 cup (242g)
- ☐ lentils, raw  
2 3/4 tbsp (32g)
- ☐ kidney beans  
1/2 can (224g)
- ☐ chickpeas, canned  
1/4 can(s) (112g)

## Spices and Herbs

- ☐ taco seasoning mix  
2 tbsp (17g)
- ☐ salt  
1/8 oz (1g)
- ☐ black pepper  
1 1/2 dash (0g)
- ☐ dried dill weed  
2 dash (0g)

## Other

- ☐ mixed greens  
1 1/2 cup (45g)
- ☐ curry paste  
1 tsp (5g)
- ☐ plant-based deli slices  
5 slices (52g)
- ☐ vegan sausage  
4 sausage (400g)
- ☐ coleslaw mix  
4 cup (360g)
- ☐ protein bar (20g protein)  
2 bar (100g)
- ☐ nutritional yeast  
1 1/2 tbsp (6g)

## Soups, Sauces, and Gravies

## Beverages

- ☐ almond milk, unsweetened  
2 cup (480mL)
- ☐ protein powder  
23 scoop (1/3 cup ea) (713g)
- ☐ water  
21 1/3 cup(s) (5055mL)

## Nut and Seed Products

- ☐ coconut milk, canned  
4 tbsp (60mL)
- ☐ pistachios, shelled  
1/2 cup (62g)
- ☐ mixed nuts  
1 cup (151g)
- ☐ pecans  
1 1/2 cup, halves (149g)
- ☐ roasted pumpkin seeds, unsalted  
3/4 cup (89g)
- ☐ walnuts  
1 cup, shelled (100g)
- ☐ sunflower kernels  
2 tbsp (24g)

## Vegetables and Vegetable Products

- ☐ frozen sugar snap peas  
7 1/3 cup (1056g)
- ☐ garlic  
4 3/4 clove(s) (14g)
- ☐ tomatoes  
48 cherry tomatoes (816g)
- ☐ sweet potatoes  
2 sweetpotato, 5" long (420g)
- ☐ beets, precooked (canned or refrigerated)  
6 beet(s) (300g)
- ☐ cucumber  
1/4 cucumber (8-1/4") (75g)
- ☐ onion  
1/4 small (18g)
- ☐ broccoli  
3 cup chopped (273g)

## Baked Products

- ☐ bread  
1/4 lbs (128g)
- ☐ crackers  
10 crackers (35g)

- ☐ **salsa**  
6 tbsp (108g)
- ☐ **hot sauce**  
1/2 fl oz (15mL)
- ☐ **pasta sauce**  
1/4 jar (24 oz) (168g)

## Fats and Oils

- ☐ **oil**  
1/4 lbs (102mL)
- ☐ **olive oil**  
1 1/4 oz (40mL)

## Fruits and Fruit Juices

- ☐ **avocados**  
2 1/3 avocado(s) (469g)
  - ☐ **lemon juice**  
2/3 fl oz (20mL)
  - ☐ **raspberries**  
3 cup (369g)
  - ☐ **blackberries**  
3 1/3 cup (480g)
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## Cereal Grains and Pasta

- ☐ **uncooked dry pasta**  
4 oz (114g)
- ☐ **seitan**  
5 oz (142g)

## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### 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.

### 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 2 [↗](#)

Eat on day 3, day 4, and day 5

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.

Mixed nuts

3/8 cup(s) - 327 cals ● 10g protein ● 27g fat ● 7g carbs ● 3g fiber



For single meal:

**mixed nuts**  
6 tbsp (50g)

For all 3 meals:

**mixed nuts**  
1 cup (151g)

- 1. The recipe has no instructions.



## Breakfast 3 [↗](#)

Eat on day 6 and day 7

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### Blackberries

1 2/3 cup(s) - 116 cals ● 3g protein ● 1g fat ● 10g carbs ● 13g fiber



For single meal:

**blackberries**  
1 2/3 cup (240g)

For all 2 meals:

**blackberries**  
3 1/3 cup (480g)

1. Rinse blackberries and serve.

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### High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

**high-protein granola bar**  
1 bar (40g)

For all 2 meals:

**high-protein granola bar**  
2 bar (80g)

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

Eat on day 1

### Curried lentils

241 cals ● 9g protein ● 12g fat ● 20g carbs ● 3g fiber



**lentils, raw**  
2 2/3 tbsp (32g)  
**water**  
1/3 cup(s) (79mL)  
**salt**  
1/3 dash (0g)  
**coconut milk, canned**  
4 tbsp (60mL)  
**curry paste**  
1 tsp (5g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

### Olive oil drizzled sugar snap peas

245 cals ● 8g protein ● 14g fat ● 12g carbs ● 9g fiber



**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen sugar snap peas**  
2 cup (288g)  
**olive oil**  
1 tbsp (15mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

## Lunch 2 [↗](#)

Eat on day 2

### 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.

### Crackers

10 cracker(s) - 169 cals ● 3g protein ● 7g fat ● 22g carbs ● 1g fiber



Makes 10 cracker(s)

**crackers**  
10 crackers (35g)

1. Enjoy.

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### Lunch 3 [🔗](#)

Eat on day 3 and day 4

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#### 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.

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#### Sugar snap peas

164 cals ● 11g protein ● 1g fat ● 16g carbs ● 12g fiber



For single meal:

**frozen sugar snap peas**  
2 2/3 cup (384g)

For all 2 meals:

**frozen sugar snap peas**  
5 1/3 cup (768g)

1. Prepare according to instructions on package.
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## Lunch 4 [↗](#)

Eat on day 5 and day 6

### Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

**tempeh**  
4 oz (113g)  
**oil**  
2 tsp (10mL)

For all 2 meals:

**tempeh**  
1/2 lbs (227g)  
**oil**  
4 tsp (20mL)

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.

### Sweet potato medallions

1 sweet potato - 309 cals ● 3g protein ● 14g fat ● 36g carbs ● 6g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**sweet potatoes, sliced**  
1 sweetpotato, 5" long (210g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**sweet potatoes, sliced**  
2 sweetpotato, 5" long (420g)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

### Beets

3 beets - 72 cals ● 3g protein ● 0g fat ● 12g carbs ● 3g fiber



For single meal:

**beets, precooked (canned or refrigerated)**  
3 beet(s) (150g)

For all 2 meals:

**beets, precooked (canned or refrigerated)**  
6 beet(s) (300g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

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## Lunch 5 [↗](#)

Eat on day 7

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### Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



Makes 1/2 cup

**pecans**  
1/2 cup, halves (50g)

1. The recipe has no instructions.

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### Mixed bean salad

444 cals ● 18g protein ● 17g fat ● 39g carbs ● 15g fiber



**kidney beans, rinsed & drained**  
1/2 can (224g)  
**chickpeas, canned, rinsed & drained**  
1/4 can(s) (112g)  
**olive oil**  
1 tbsp (15mL)  
**dried dill weed**  
2 dash (0g)  
**lemon juice**  
1 tbsp (15mL)  
**cucumber, chopped**  
1/4 cucumber (8-1/4") (75g)  
**garlic, minced**  
3/4 clove(s) (2g)  
**onion, diced**  
1/4 small (18g)

1. Make dressing by mixing the olive oil, lemon juice, garlic, and some salt & pepper together in a small bowl. Set aside.
  2. In a large bowl, combine the chickpeas, kidney beans, onion, cucumber, and dill.
  3. Pour dressing over the bean mixture and toss to coat. Serve.
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## Snacks 1 [↗](#)

Eat on day 1 and day 2

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### 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.
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### Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

**small granola bar**  
1 bar (25g)

For all 2 meals:

**small granola bar**  
2 bar (50g)

1. The recipe has no instructions.
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## Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

### Pumpkin seeds

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



For single meal:

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

For all 3 meals:

**roasted pumpkin seeds, unsalted**  
3/4 cup (89g)

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 3 meals:

**tomatoes**  
36 cherry tomatoes (612g)

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



Snacks 3 [🔗](#)

Eat on day 6 and day 7

Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:  
**protein bar (20g protein)**  
1 bar (50g)

For all 2 meals:  
**protein bar (20g protein)**  
2 bar (100g)

1. The recipe has no instructions.

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.

## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Tortilla chips

235 cal ● 3g protein ● 11g fat ● 30g carbs ● 2g fiber



For single meal:

**tortilla chips**  
1 2/3 oz (47g)

For all 2 meals:

**tortilla chips**  
1/4 lbs (95g)

1. The recipe has no instructions.

### Tempeh taco salad bowl

554 cal ● 34g protein ● 24g fat ● 27g carbs ● 23g fiber



For single meal:

**tempeh**  
4 oz (113g)  
**taco seasoning mix**  
1 tbsp (9g)  
**mixed greens**  
1/2 cup (15g)  
**salsa**  
3 tbsp (54g)  
**refried beans**  
1/2 cup (121g)  
**oil**  
1/2 tsp (3mL)  
**avocados, cubed**  
1/2 avocado(s) (101g)

For all 2 meals:

**tempeh**  
1/2 lbs (227g)  
**taco seasoning mix**  
2 tbsp (17g)  
**mixed greens**  
1 cup (30g)  
**salsa**  
6 tbsp (108g)  
**refried beans**  
1 cup (242g)  
**oil**  
1 tsp (5mL)  
**avocados, cubed**  
1 avocado(s) (201g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; set aside.
3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Pasta with store-bought sauce

255 cals ● 9g protein ● 2g fat ● 47g carbs ● 4g fiber



For single meal:

**uncooked dry pasta**

2 oz (57g)

**pasta sauce**

1/8 jar (24 oz) (84g)

For all 2 meals:

**uncooked dry pasta**

4 oz (114g)

**pasta sauce**

1/4 jar (24 oz) (168g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

### Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



For single meal:

**pecans**

1/2 cup, halves (50g)

For all 2 meals:

**pecans**

1 cup, halves (99g)

1. The recipe has no instructions.

### Simple vegan garlic bread

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



For single meal:

**bread**

1 slice (32g)

**olive oil**

1 tsp (5mL)

**garlic, minced**

1 clove(s) (3g)

For all 2 meals:

**bread**

2 slice (64g)

**olive oil**

2 tsp (10mL)

**garlic, minced**

2 clove(s) (6g)

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 and day 6

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### Walnuts

1/2 cup(s) - 350 cal● 8g protein ● 33g fat ● 3g carbs ● 3g fiber



For single meal:

#### walnuts

1/2 cup, shelled (50g)

For all 2 meals:

#### walnuts

1 cup, shelled (100g)

1. The recipe has no instructions.
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### Crack slaw with tempeh

422 cal● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



For single meal:

#### 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)

For all 2 meals:

#### coleslaw mix

4 cup (360g)

#### hot sauce

2 tsp (10mL)

#### sunflower kernels

2 tbsp (24g)

#### oil

4 tsp (20mL)

#### garlic, minced

2 clove (6g)

#### tempeh, cubed

1/2 lbs (227g)

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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## Dinner 4 [↗](#)

Eat on day 7

### Simple seitan

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



Makes 5 oz

**seitan**

5 oz (142g)

**oil**

1 1/4 tsp (6mL)

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 broccoli with nutritional yeast

3 cup(s) - 323 cals ● 11g protein ● 22g fat ● 12g carbs ● 8g fiber



Makes 3 cup(s)

**broccoli**

3 cup chopped (273g)

**oil**

1 1/2 tbsp (23mL)

**nutritional yeast**

1 1/2 tbsp (6g)

1. Preheat oven to 425F (220C).
2. Toss broccoli in oil and roast in the oven for 20-25 minutes.
3. Remove and season with nutritional yeast and salt/pepper to taste. Serve.

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

3 scoop - 327 cals ● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:

**protein powder**

3 scoop (1/3 cup ea) (93g)

**water**

3 cup(s) (711mL)

For all 7 meals:

**protein powder**

21 scoop (1/3 cup ea) (651g)

**water**

21 cup(s) (4977mL)

1. The recipe has no instructions.