

Meal Plan - 2500 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

2518 cals ● 184g protein (29%) ● 109g fat (39%) ● 137g carbs (22%) ● 64g fiber (10%)

Breakfast

420 cals, 15g protein, 20g net carbs, 27g fat



Small granola bar
1 bar(s)- 119 cals



Avocado
176 cals



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

Snacks

325 cals, 12g protein, 17g net carbs, 19g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Avocado toast
1 slice(s)- 168 cals



Sunflower seeds
135 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

940 cals, 52g protein, 57g net carbs, 43g fat



Roasted almonds
3/8 cup(s)- 370 cals



Grapes
77 cals



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

Dinner

505 cals, 32g protein, 41g net carbs, 18g fat



Basic tempeh
4 oz- 295 cals



Quinoa
1 cup quinoa, cooked- 208 cals

Day 2

2518 cals ● 168g protein (27%) ● 122g fat (44%) ● 143g carbs (23%) ● 43g fiber (7%)

Breakfast

420 cals, 15g protein, 20g net carbs, 27g fat



Small granola bar
1 bar(s)- 119 cals



Avocado
176 cals



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

Snacks

325 cals, 12g protein, 17g net carbs, 19g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Avocado toast
1 slice(s)- 168 cals



Sunflower seeds
135 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

755 cals, 30g protein, 83g net carbs, 30g fat



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



Bbq tofu & pineapple bowl
649 cals

Dinner

690 cals, 38g protein, 21g net carbs, 44g fat



Seitan salad
359 cals



Roasted almonds
3/8 cup(s)- 333 cals



Day 3

2437 cals ● 167g protein (27%) ● 143g fat (53%) ● 86g carbs (14%) ● 35g fiber (6%)

Breakfast

420 cals, 15g protein, 20g net carbs, 27g fat



Small granola bar
1 bar(s)- 119 cals



Avocado
176 cals



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

Snacks

320 cals, 8g protein, 21g net carbs, 21g fat



Pecans
1/4 cup- 183 cals



Soy milk yogurt
1 container- 136 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

680 cals, 33g protein, 22g net carbs, 49g fat



Spicy sriracha peanut tofu
512 cals



Pan roasted zucchini
166 cals

Dinner

690 cals, 38g protein, 21g net carbs, 44g fat



Seitan salad
359 cals



Roasted almonds
3/8 cup(s)- 333 cals

Day 4

2458 cals ● 185g protein (30%) ● 116g fat (42%) ● 128g carbs (21%) ● 40g fiber (6%)

Breakfast

380 cals, 22g protein, 35g net carbs, 10g fat



Small toasted bagel with vegan cream cheese
1/2 bagel(s)- 130 cals



Blackberries
2 cup(s)- 139 cals



Vegan breakfast sausage links
3 links- 113 cals

Snacks

320 cals, 8g protein, 21g net carbs, 21g fat



Pecans
1/4 cup- 183 cals



Soy milk yogurt
1 container- 136 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

680 cals, 33g protein, 22g net carbs, 49g fat



Spicy sriracha peanut tofu
512 cals



Pan roasted zucchini
166 cals

Dinner

750 cals, 50g protein, 49g net carbs, 35g fat



Soy milk
3 2/3 cup(s)- 311 cals



Chik'n nuggets
8 nuggets- 441 cals

Day 5

2516 cals ● 191g protein (30%) ● 133g fat (48%) ● 94g carbs (15%) ● 44g fiber (7%)

Breakfast

380 cals, 22g protein, 35g net carbs, 10g fat



Small toasted bagel with vegan cream cheese
1/2 bagel(s)- 130 cals



Blackberries
2 cup(s)- 139 cals



Vegan breakfast sausage links
3 links- 113 cals

Snacks

320 cals, 8g protein, 21g net carbs, 21g fat



Pecans
1/4 cup- 183 cals



Soy milk yogurt
1 container- 136 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

700 cals, 49g protein, 20g net carbs, 43g fat



Baked tofu
16 oz- 452 cals



Pan roasted zucchini
250 cals

Dinner

785 cals, 40g protein, 16g net carbs, 58g fat



Low carb asian tofu bowl
786 cals

Day 6

2522 cals ● 172g protein (27%) ● 127g fat (45%) ● 131g carbs (21%) ● 41g fiber (6%)

Breakfast

390 cals, 13g protein, 23g net carbs, 26g fat



Rice cakes with peanut butter
1 1/2 cake(s)- 359 cals



Cherry tomatoes
9 cherry tomatoes- 32 cals

Snacks

320 cals, 20g protein, 35g net carbs, 9g fat



Plantain chips
75 cals



Protein bar
1 bar- 245 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

700 cals, 27g protein, 55g net carbs, 33g fat



Roasted cashews
3/8 cup(s)- 348 cals



Easy chickpea salad
350 cals

Dinner

785 cals, 40g protein, 16g net carbs, 58g fat



Low carb asian tofu bowl
786 cals

Day 7

2504 cals ● 188g protein (30%) ● 111g fat (40%) ● 144g carbs (23%) ● 45g fiber (7%)

Breakfast

390 cals, 13g protein, 23g net carbs, 26g fat



Rice cakes with peanut butter
1 1/2 cake(s)- 359 cals



Cherry tomatoes
9 cherry tomatoes- 32 cals

Snacks

320 cals, 20g protein, 35g net carbs, 9g fat



Plantain chips
75 cals



Protein bar
1 bar- 245 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

700 cals, 27g protein, 55g net carbs, 33g fat



Roasted cashews
3/8 cup(s)- 348 cals



Easy chickpea salad
350 cals

Dinner

765 cals, 55g protein, 29g net carbs, 41g fat



Tomato and avocado salad
293 cals



Soy milk
2 cup(s)- 169 cals



Simple seitan
5 oz- 305 cals

Beverages

- ☐ protein powder
21 scoop (1/3 cup ea) (651g)
- ☐ water
22 cup(s) (5254mL)

Vegetables and Vegetable Products

- ☐ tomatoes
8 1/4 medium whole (2-3/5" dia) (1014g)
- ☐ romaine lettuce
6 leaf inner (36g)
- ☐ bell pepper
3/4 small (56g)
- ☐ broccoli
3 1/4 cup chopped (296g)
- ☐ fresh spinach
4 cup(s) (120g)
- ☐ garlic
7 clove (21g)
- ☐ zucchini
3 1/2 medium (686g)
- ☐ ketchup
2 tbsp (34g)
- ☐ fresh ginger
10 1/4 g (10g)
- ☐ onion
2/3 medium (2-1/2" dia) (71g)
- ☐ fresh parsley
4 1/2 sprigs (5g)

Baked Products

- ☐ bread
2 slice (64g)
- ☐ bagel
1 small bagel (3" dia) (69g)

Fruits and Fruit Juices

- ☐ avocados
3 avocado(s) (628g)
- ☐ lemon juice
1/2 tbsp (8mL)
- ☐ grapes
1 1/3 cup (123g)
- ☐ canned pineapple
1 1/4 cup, chunks (226g)
- ☐ blackberries
4 cup (576g)

Fats and Oils

- ☐ oil
5 oz (151mL)
- ☐ salad dressing
2 tbsp (30mL)
- ☐ olive oil
4 tbsp (57mL)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
1/3 cup (57g)
- ☐ seitan
2/3 lbs (312g)

Snacks

- ☐ small granola bar
3 bar (75g)
- ☐ Plantain chips
1 oz (28g)
- ☐ rice cakes, any flavor
3 cakes (27g)

Other

- ☐ soy milk, unsweetened
10 cup(s) (mL)
- ☐ coleslaw mix
1 1/2 cup (135g)
- ☐ nutritional yeast
2 tsp (3g)
- ☐ soy milk yogurt
3 container(s) (451g)
- ☐ sriracha chili sauce
2 1/4 tbsp (34g)
- ☐ dairy-free cream cheese
1 1/2 tbsp (23g)
- ☐ vegan breakfast sausage links
6 links (135g)
- ☐ vegan chik'n nuggets
8 nuggets (172g)
- ☐ frozen riced cauliflower
3 cup, prepared (510g)
- ☐ protein bar (20g protein)
2 bar (100g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
4 fl oz (138g)

- ☐ lime juice
1 1/4 tbsp (19mL)

Nut and Seed Products

- ☐ sunflower kernels
1 1/2 oz (43g)
- ☐ almonds
56 tsp, whole (167g)
- ☐ roasted cashews
1 cup (131g)
- ☐ pecans
3/4 cup, halves (74g)
- ☐ sesame seeds
3/4 oz (21g)

Legumes and Legume Products

- ☐ tempeh
10 oz (284g)
- ☐ firm tofu
3 lbs (1446g)
- ☐ peanut butter
1/2 cup (144g)
- ☐ soy sauce
2/3 lbs (255mL)
- ☐ extra firm tofu
1 lbs (454g)
- ☐ chickpeas, canned
1 1/2 can(s) (672g)

- ☐ apple cider vinegar
1 1/2 tbsp (1mL)

Spices and Herbs

- ☐ black pepper
1/2 oz (13g)
 - ☐ oregano, dried
1 3/4 tsp, ground (3g)
 - ☐ garlic powder
2 tsp (6g)
 - ☐ salt
2 tsp (12g)
 - ☐ balsamic vinegar
1 1/2 tbsp (23mL)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Small granola bar

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



For single meal:

small granola bar
1 bar (25g)

For all 3 meals:

small granola bar
3 bar (75g)

1. The recipe has no instructions.

Avocado

176 cal ● 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.

Soy milk

1 1/2 cup(s) - 127 cal ● 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.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Small toasted bagel with vegan cream cheese

1/2 bagel(s) - 130 cals ● 4g protein ● 4g fat ● 19g carbs ● 1g fiber



For single meal:
bagel
1/2 small bagel (3" dia) (35g)
dairy-free cream cheese
3/4 tbsp (11g)

For all 2 meals:
bagel
1 small bagel (3" dia) (69g)
dairy-free cream cheese
1 1/2 tbsp (23g)

1. Toast the bagel to desired toastiness.
2. Spread the cream cheese.
3. Enjoy.

Blackberries

2 cup(s) - 139 cals ● 4g protein ● 1g fat ● 12g carbs ● 15g fiber



For single meal:
blackberries
2 cup (288g)

For all 2 meals:
blackberries
4 cup (576g)

1. Rinse blackberries and serve.

Vegan breakfast sausage links

3 links - 113 cals ● 14g protein ● 5g fat ● 3g carbs ● 2g fiber



For single meal:

vegan breakfast sausage links
3 links (68g)

For all 2 meals:

vegan breakfast sausage links
6 links (135g)

1. Cook links according to package instructions.
Serve.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Rice cakes with peanut butter

1 1/2 cake(s) - 359 cals ● 12g protein ● 25g fat ● 19g carbs ● 3g fiber



For single meal:

peanut butter
3 tbsp (48g)
rice cakes, any flavor
1 1/2 cakes (14g)

For all 2 meals:

peanut butter
6 tbsp (96g)
rice cakes, any flavor
3 cakes (27g)

1. Spread peanut butter over top of rice cake.

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 2 meals:

tomatoes
18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.
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Lunch 1 [↗](#)

Eat on day 1

Roasted almonds

3/8 cup(s) - 370 cals ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber



Makes 3/8 cup(s)

almonds

6 2/3 tbsp, whole (60g)

1. The recipe has no instructions.

Grapes

77 cals ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



grapes

1 1/3 cup (123g)

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.

Lunch 2 [↗](#)

Eat on day 2

Roasted cashews

1/8 cup(s) - 104 cal ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



Makes 1/8 cup(s)

roasted cashews
2 tbsp (17g)

1. The recipe has no instructions.

Bbq tofu & pineapple bowl

649 cal ● 27g protein ● 23g fat ● 78g carbs ● 7g fiber



broccoli
1 1/4 cup chopped (114g)
firm tofu
10 oz (284g)
canned pineapple
1 1/4 cup, chunks (226g)
barbecue sauce
5 tbsp (87g)
oil
2 tsp (9mL)

1. Drain tofu. Pat dry with a towel and press gently to remove any extra liquid. Slice into strips and coat with oil.
 2. Heat skillet over medium heat. Add tofu and do not flip until the bottoms are browned, about 5 minutes. Flip and cook for another 3-5 minutes until tofu is crisp. Remove from skillet and set aside.
 3. Add broccoli to the skillet with a splash of water and cook, stirring occasionally, until steamed and softened, about 5 minutes.
 4. Pour the barbecue sauce over the the tofu to coat it. Serve tofu alongside broccoli and pineapple.
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Lunch 3 [↗](#)

Eat on day 3 and day 4

Spicy sriracha peanut tofu

512 cals ● 30g protein ● 36g fat ● 16g carbs ● 2g fiber



For single meal:

sriracha chili sauce

1 tbsp (17g)

peanut butter

1 1/2 tbsp (24g)

soy sauce

1/2 tbsp (8mL)

water

1/4 cup(s) (59mL)

oil

3/4 tbsp (11mL)

firm tofu, patted dry & cubed

2/3 lbs (298g)

garlic, minced

1 1/2 clove (5g)

For all 2 meals:

sriracha chili sauce

2 1/4 tbsp (34g)

peanut butter

3 tbsp (48g)

soy sauce

1 tbsp (15mL)

water

1/2 cup(s) (118mL)

oil

1 1/2 tbsp (23mL)

firm tofu, patted dry & cubed

1 1/3 lbs (595g)

garlic, minced

3 clove (9g)

1. Mix sriracha, peanut butter, garlic, soy sauce, water, and some salt in a small bowl. Set aside.
2. Heat oil in a skillet over medium high heat. Fry cubed tofu until crispy, stirring occasionally.
3. Pour the sauce into the skillet and stir frequently. Cook until sauce has reduced and is crispy in places, about 4-5 minutes.
4. Serve.

Pan roasted zucchini

166 cals ● 3g protein ● 13g fat ● 6g carbs ● 3g fiber



For single meal:

zucchini

1 medium (196g)

black pepper

1/2 tbsp, ground (3g)

oregano, dried

4 dash, ground (1g)

garlic powder

4 dash (2g)

salt

4 dash (3g)

olive oil

1 tbsp (15mL)

For all 2 meals:

zucchini

2 medium (392g)

black pepper

1 tbsp, ground (7g)

oregano, dried

1 tsp, ground (2g)

garlic powder

1 tsp (3g)

salt

1 tsp (6g)

olive oil

2 tbsp (30mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Lunch 4 [↗](#)

Eat on day 5

Baked tofu

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



Makes 16 oz

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)

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.

Pan roasted zucchini

250 cals ● 5g protein ● 19g fat ● 9g carbs ● 5g fiber



zucchini

1 1/2 medium (294g)

black pepper

3/4 tbsp, ground (5g)

oregano, dried

1/4 tbsp, ground (1g)

garlic powder

1/4 tbsp (2g)

salt

1/4 tbsp (5g)

olive oil

1 1/2 tbsp (23mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Lunch 5 [🔗](#)

Eat on day 6 and day 7

Roasted cashews

3/8 cup(s) - 348 cal ● 9g protein ● 27g fat ● 17g carbs ● 2g fiber



For single meal:

roasted cashews
6 2/3 tbsp (57g)

For all 2 meals:

roasted cashews
13 1/3 tbsp (114g)

1. The recipe has no instructions.

Easy chickpea salad

350 cal ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



For single meal:

balsamic vinegar
3/4 tbsp (11mL)
apple cider vinegar
3/4 tbsp (1mL)
chickpeas, canned, drained and rinsed
3/4 can(s) (336g)
onion, thinly sliced
3/8 small (26g)
tomatoes, halved
3/4 cup cherry tomatoes (112g)
fresh parsley, chopped
2 1/4 sprigs (2g)

For all 2 meals:

balsamic vinegar
1 1/2 tbsp (23mL)
apple cider vinegar
1 1/2 tbsp (1mL)
chickpeas, canned, drained and rinsed
1 1/2 can(s) (672g)
onion, thinly sliced
3/4 small (53g)
tomatoes, halved
1 1/2 cup cherry tomatoes (224g)
fresh parsley, chopped
4 1/2 sprigs (5g)

1. Add all ingredients to a bowl and toss. Serve!

Snacks 1 [↗](#)

Eat on day 1 and day 2

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.

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread

1 slice (32g)

avocados, ripe, sliced

1/4 avocado(s) (50g)

For all 2 meals:

bread

2 slice (64g)

avocados, ripe, sliced

1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Sunflower seeds

135 cals ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels

3/4 oz (21g)

For all 2 meals:

sunflower kernels

1 1/2 oz (43g)

1. The recipe has no instructions.

Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

Pecans

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



For single meal:

pecans
4 tbsp, halves (25g)

For all 3 meals:

pecans
3/4 cup, halves (74g)

1. The recipe has no instructions.

Soy milk yogurt

1 container - 136 cals ● 6g protein ● 4g fat ● 20g carbs ● 0g fiber



For single meal:

soy milk yogurt
1 container(s) (150g)

For all 3 meals:

soy milk yogurt
3 container(s) (451g)

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

Eat on day 6 and day 7

Plantain chips

75 cal● 0g protein ● 4g fat ● 9g carbs ● 1g fiber



For single meal:

Plantain chips
1/2 oz (14g)

For all 2 meals:

Plantain chips
1 oz (28g)

- 1. Approximately 3/4 cup = 1 oz

Protein bar

1 bar - 245 cal● 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.

Dinner 1 [↗](#)

Eat on day 1

Basic tempeh

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



Makes 4 oz

tempeh

4 oz (113g)

oil

2 tsp (10mL)

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.

Quinoa

1 cup quinoa, cooked - 208 cal ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



Makes 1 cup quinoa, cooked

water

2/3 cup(s) (158mL)

quinoa, uncooked

1/3 cup (57g)

1. (Note: Follow quinoa package instructions if they differ from below)
 2. Rinse quinoa in a fine mesh colander.
 3. Add quinoa and water to a pot and heat over high heat until boiling.
 4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
 5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
 6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.
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Dinner 2 [↗](#)

Eat on day 2 and day 3

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.

Roasted almonds

3/8 cup(s) - 333 cals ● 11g protein ● 27g fat ● 5g carbs ● 7g fiber



For single meal:

almonds
6 tbsp, whole (54g)

For all 2 meals:

almonds
3/4 cup, whole (107g)

1. The recipe has no instructions.

Dinner 3 [🔗](#)

Eat on day 4

Soy milk

3 2/3 cup(s) - 311 cals ● 26g protein ● 17g fat ● 7g carbs ● 7g fiber



Makes 3 2/3 cup(s)

soy milk, unsweetened
3 2/3 cup(s) (mL)

1. The recipe has no instructions.

Chik'n nuggets

8 nuggets - 441 cals ● 24g protein ● 18g fat ● 41g carbs ● 4g fiber



Makes 8 nuggets

ketchup
2 tbsp (34g)
vegan chik'n nuggets
8 nuggets (172g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Dinner 4 [↗](#)

Eat on day 5 and day 6

Low carb asian tofu bowl

786 cals ● 40g protein ● 58g fat ● 16g carbs ● 10g fiber



For single meal:

broccoli
1 cup chopped (91g)
frozen riced cauliflower
1 1/2 cup, prepared (255g)
soy sauce
4 tbsp (60mL)
oil
3 tbsp (45mL)
sesame seeds
2 tsp (6g)
firm tofu, drained and patted dry
10 oz (284g)
garlic, minced
2 clove (6g)
fresh ginger, minced
2 tsp (4g)

For all 2 meals:

broccoli
2 cup chopped (182g)
frozen riced cauliflower
3 cup, prepared (510g)
soy sauce
1/2 cup (120mL)
oil
6 tbsp (90mL)
sesame seeds
4 tsp (12g)
firm tofu, drained and patted dry
1 1/4 lbs (567g)
garlic, minced
4 clove (12g)
fresh ginger, minced
4 tsp (8g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.

Dinner 5 [↗](#)

Eat on day 7

Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



onion
1 1/4 tbsp minced (19g)
lime juice
1 1/4 tbsp (19mL)
olive oil
1 tsp (5mL)
garlic powder
1/3 tsp (1g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
avocados, cubed
5/8 avocado(s) (126g)
tomatoes, diced
5/8 medium whole (2-3/5" dia) (77g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Soy milk

2 cup(s) - 169 cals ● 14g protein ● 9g fat ● 4g carbs ● 4g fiber



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

1. The recipe has no instructions.

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.

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.
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