

Meal Plan - 2600 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

2648 cals ● 228g protein (34%) ● 120g fat (41%) ● 101g carbs (15%) ● 63g fiber (10%)

Breakfast

440 cals, 34g protein, 28g net carbs, 18g fat



Sunflower seeds

90 cals



Banana almond protein shake

350 cals

Lunch

890 cals, 55g protein, 45g net carbs, 45g fat



Basic tempeh

8 oz- 590 cals



Roasted broccoli with nutritional yeast

1 cup(s)- 108 cals



Baked fries

193 cals

Snacks

195 cals, 3g protein, 5g net carbs, 15g fat



Avocado

176 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals

Dinner

795 cals, 63g protein, 20g net carbs, 41g fat



Baked tofu

18 2/3 oz- 528 cals



Garlic collard greens

266 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 2

2648 cals ● 228g protein (34%) ● 120g fat (41%) ● 101g carbs (15%) ● 63g fiber (10%)

Breakfast

440 cals, 34g protein, 28g net carbs, 18g fat



Sunflower seeds

90 cals



Banana almond protein shake

350 cals

Lunch

890 cals, 55g protein, 45g net carbs, 45g fat



Basic tempeh

8 oz- 590 cals



Roasted broccoli with nutritional yeast

1 cup(s)- 108 cals



Baked fries

193 cals

Snacks

195 cals, 3g protein, 5g net carbs, 15g fat



Avocado

176 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals

Dinner

795 cals, 63g protein, 20g net carbs, 41g fat



Baked tofu

18 2/3 oz- 528 cals



Garlic collard greens

266 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 3

2591 cals ● 185g protein (29%) ● 133g fat (46%) ● 114g carbs (18%) ● 50g fiber (8%)

Breakfast

440 cals, 34g protein, 28g net carbs, 18g fat



Sunflower seeds

90 cals



Banana almond protein shake

350 cals

Lunch

775 cals, 30g protein, 52g net carbs, 45g fat



Roasted almonds

1/2 cup(s)- 388 cals



Bbq tofu & pineapple bowl

389 cals

Snacks

195 cals, 3g protein, 5g net carbs, 15g fat



Avocado

176 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals

Dinner

850 cals, 46g protein, 26g net carbs, 54g fat



Simple kale & avocado salad

384 cals



Chik'n satay with peanut sauce

4 skewers- 466 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 4

2641 cals ● 209g protein (32%) ● 119g fat (40%) ● 138g carbs (21%) ● 47g fiber (7%)

Breakfast

360 cals, 31g protein, 28g net carbs, 10g fat



Roasted cashews

1/8 cup(s)- 104 cals



Overnight mixed berry protein oats w/ water

256 cals

Snacks

325 cals, 30g protein, 29g net carbs, 9g fat



Protein shake (almond milk)

210 cals



Banana

1 banana(s)- 117 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

775 cals, 30g protein, 52g net carbs, 45g fat



Roasted almonds

1/2 cup(s)- 388 cals



Bbq tofu & pineapple bowl

389 cals

Dinner

850 cals, 46g protein, 26g net carbs, 54g fat



Simple kale & avocado salad

384 cals



Chik'n satay with peanut sauce

4 skewers- 466 cals

Day 5

2601 cals ● 184g protein (28%) ● 119g fat (41%) ● 149g carbs (23%) ● 49g fiber (8%)

Breakfast

360 cals, 31g protein, 28g net carbs, 10g fat



Roasted cashews

1/8 cup(s)- 104 cals



Overnight mixed berry protein oats w/ water

256 cals

Snacks

325 cals, 30g protein, 29g net carbs, 9g fat



Protein shake (almond milk)

210 cals



Banana

1 banana(s)- 117 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

810 cals, 24g protein, 43g net carbs, 51g fat



Roasted almonds

1/3 cup(s)- 277 cals



Grilled 'cheese' with mushrooms

302 cals



Simple kale & avocado salad

230 cals

Dinner

780 cals, 26g protein, 47g net carbs, 48g fat



Tofu marsala

434 cals



Tomato and avocado salad

156 cals



Pistachios

188 cals

Day 6

2562 cals ● 176g protein (27%) ● 132g fat (46%) ● 124g carbs (19%) ● 44g fiber (7%)

Breakfast

465 cals, 15g protein, 36g net carbs, 28g fat



Roasted cashews

1/4 cup(s)- 209 cals



Rice cakes with peanut butter

1/2 cake(s)- 120 cals



Soy milk yogurt

1 container- 136 cals

Snacks

185 cals, 6g protein, 10g net carbs, 12g fat



Ants on a log

184 cals

Lunch

810 cals, 24g protein, 43g net carbs, 51g fat



Roasted almonds

1/3 cup(s)- 277 cals



Grilled 'cheese' with mushrooms

302 cals



Simple kale & avocado salad

230 cals

Dinner

780 cals, 58g protein, 32g net carbs, 39g fat



Garlic pepper seitan

513 cals



Garlic collard greens

266 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 7

2649 cals ● 189g protein (28%) ● 142g fat (48%) ● 112g carbs (17%) ● 41g fiber (6%)

Breakfast

465 cals, 15g protein, 36g net carbs, 28g fat



Roasted cashews

1/4 cup(s)- 209 cals



Rice cakes with peanut butter

1/2 cake(s)- 120 cals



Soy milk yogurt

1 container- 136 cals

Snacks

185 cals, 6g protein, 10g net carbs, 12g fat



Ants on a log

184 cals

Lunch

895 cals, 37g protein, 31g net carbs, 62g fat



Spicy sriracha peanut tofu

512 cals



Simple kale & avocado salad

384 cals

Dinner

780 cals, 58g protein, 32g net carbs, 39g fat



Garlic pepper seitan

513 cals



Garlic collard greens

266 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Grocery List



Beverages

- protein powder
23 scoop (1/3 cup ea) (713g)
- water
1 1/2 gallon (5453mL)
- almond milk, unsweetened
1/4 gallon (840mL)
- protein powder, vanilla
5 scoop (1/3 cup ea) (155g)

Nut and Seed Products

- sunflower kernels
1 1/2 oz (43g)
- almonds
1/2 lbs (251g)
- sesame seeds
2 1/3 tbsp (21g)
- roasted cashews
3/4 cup (103g)
- pistachios, shelled
4 tbsp (31g)

Fruits and Fruit Juices

- banana
5 medium (7" to 7-7/8" long) (590g)
- avocados
5 1/3 avocado(s) (1072g)
- lemon juice
1/2 tbsp (8mL)
- lemon
3 1/2 small (203g)
- lime juice
2 2/3 tbsp (40mL)
- canned pineapple
1 1/2 cup, chunks (272g)
- raisins
1 miniature box (.5 oz) (14g)

Other

- ice cubes
3/4 cup(s) (105g)
- nutritional yeast
1 tbsp (4g)
- sesame oil
4 tsp (20mL)
- vegan chik'n strips
2/3 lbs (302g)

Vegetables and Vegetable Products

- fresh ginger
1/2 oz (12g)
- collard greens
3 1/3 lbs (1512g)
- garlic
16 1/4 clove(s) (49g)
- broccoli
3 1/2 cup chopped (319g)
- potatoes
18 oz (511g)
- tomatoes
3 medium whole (2-3/5" dia) (347g)
- kale leaves
3 1/2 bunch (595g)
- mushrooms
5 oz (141g)
- shallots
1/2 shallot (57g)
- onion
5/8 medium (2-1/2" dia) (70g)
- green pepper
3 tbsp, chopped (28g)
- raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)

Fats and Oils

- oil
5 oz (156mL)
- olive oil
2 oz (62mL)

Spices and Herbs

- salt
1 tsp (7g)
- balsamic vinegar
1/2 tbsp (8mL)
- garlic powder
1 1/2 dash (1g)
- black pepper
1/2 tsp, ground (1g)
- thyme, dried
2 tsp, ground (3g)

Soups, Sauces, and Gravies

- barbecue sauce
6 tbsp (105g)

- skewer(s)**
8 skewer(s) (8g)
- frozen mixed berries**
1 cup (136g)
- vegan butter**
1 tbsp (14g)
- vegan cheese, sliced**
2 slice(s) (40g)
- soy milk yogurt**
2 container(s) (301g)
- sriracha chili sauce**
1 tbsp (17g)

Legumes and Legume Products

- soy sauce**
3/4 lbs (288mL)
- extra firm tofu**
2 1/3 lbs (1058g)
- tempeh**
1 lbs (454g)
- peanut butter**
9 tbsp (147g)
- firm tofu**
1 3/4 lbs (780g)

- vegetable broth**
1/2 cup(s) (mL)

Breakfast Cereals

- oatmeal, old-fashioned oats, rolled oats**
2/3 cup(s) (54g)

Cereal Grains and Pasta

- cornstarch**
1 tsp (3g)
- seitan**
3/4 lbs (340g)

Baked Products

- bread**
4 slice(s) (128g)

Snacks

- rice cakes, any flavor**
1 cakes (9g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

sunflower kernels
1/2 oz (14g)

For all 3 meals:

sunflower kernels
1 1/2 oz (43g)

1. The recipe has no instructions.

Banana almond protein shake

350 cals ● 30g protein ● 11g fat ● 27g carbs ● 7g fiber



For single meal:

banana
1 medium (7" to 7-7/8" long) (118g)
almonds
10 almond (12g)
ice cubes
1/4 cup(s) (35g)
almond milk, unsweetened
1/2 cup (120mL)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

banana
3 medium (7" to 7-7/8" long) (354g)
almonds
30 almond (36g)
ice cubes
3/4 cup(s) (105g)
almond milk, unsweetened
1 1/2 cup (360mL)
protein powder, vanilla
3 scoop (1/3 cup ea) (93g)

1. Put all ingredients in a blender.
2. Blend until smooth.
3. Serve.

Breakfast 2 ↗

Eat on day 4 and day 5

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 2 meals:

roasted cashews
4 tbsp (34g)

1. The recipe has no instructions.

Overnight mixed berry protein oats w/ water

256 cals ● 29g protein ● 2g fat ● 22g carbs ● 8g fiber



For single meal:

frozen mixed berries
1/2 cup (68g)
oatmeal, old-fashioned oats, rolled oats
1/3 cup(s) (27g)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
water
3/4 cup(s) (178mL)

For all 2 meals:

frozen mixed berries
1 cup (136g)
oatmeal, old-fashioned oats, rolled oats
2/3 cup(s) (54g)
protein powder, vanilla
2 scoop (1/3 cup ea) (62g)
water
1 1/2 cup(s) (356mL)

1. Mix all ingredients in an airtight container.
2. Let chill overnight in the fridge or for at least 4 hours.
Serve.

Breakfast 3 ↗

Eat on day 6 and day 7

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.

Rice cakes with peanut butter

1/2 cake(s) - 120 cals ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:

peanut butter
1 tbsp (16g)
rice cakes, any flavor
1/2 cakes (5g)

For all 2 meals:

peanut butter
2 tbsp (32g)
rice cakes, any flavor
1 cakes (9g)

1. Spread peanut butter over top of rice cake.

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 2 meals:

soy milk yogurt
2 container(s) (301g)

1. The recipe has no instructions.

Lunch 1 ↗

Eat on day 1 and day 2

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

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

For all 2 meals:

tempeh
1 lbs (454g)
oil
2 2/3 tbsp (40mL)

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.

Roasted broccoli with nutritional yeast

1 cup(s) - 108 cals ● 4g protein ● 7g fat ● 4g carbs ● 3g fiber



For single meal:

broccoli
1 cup chopped (91g)
oil
1/2 tbsp (8mL)
nutritional yeast
1/2 tbsp (2g)

For all 2 meals:

broccoli
2 cup chopped (182g)
oil
1 tbsp (15mL)
nutritional yeast
1 tbsp (4g)

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.

Baked fries

193 cals ● 3g protein ● 7g fat ● 25g carbs ● 4g fiber



For single meal:

potatoes

1/2 large (3" to 4-1/4" dia.) (185g)

oil

1/2 tbsp (8mL)

For all 2 meals:

potatoes

1 large (3" to 4-1/4" dia.) (369g)

oil

1 tbsp (15mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Lunch 2

Eat on day 3 and day 4

Roasted almonds

1/2 cup(s) - 388 cals  13g protein  31g fat  6g carbs  8g fiber



For single meal:

almonds

1/2 cup, whole (63g)

For all 2 meals:

almonds

14 tbsp, whole (125g)

1. The recipe has no instructions.

Bbq tofu & pineapple bowl

389 cals  16g protein  14g fat  47g carbs  4g fiber



For single meal:

broccoli
3/4 cup chopped (68g)
firm tofu
6 oz (170g)
canned pineapple
3/4 cup, chunks (136g)
barbecue sauce
3 tbsp (52g)
oil
1 tsp (6mL)

For all 2 meals:

broccoli
1 1/2 cup chopped (137g)
firm tofu
3/4 lbs (340g)
canned pineapple
1 1/2 cup, chunks (272g)
barbecue sauce
6 tbsp (105g)
oil
3/4 tbsp (11mL)

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.

Lunch 3 ↗

Eat on day 5 and day 6

Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



For single meal:

almonds
5 tbsp, whole (45g)

For all 2 meals:

almonds
10 tbsp, whole (89g)

1. The recipe has no instructions.

Grilled 'cheese' with mushrooms

302 cals ● 10g protein ● 14g fat ● 30g carbs ● 5g fiber



For single meal:

bread
2 slice(s) (64g)
thyme, dried
1 tsp, ground (1g)
olive oil
1/2 tbsp (8mL)
mushrooms
1/2 cup, chopped (35g)
vegan cheese, sliced
1 slice(s) (20g)

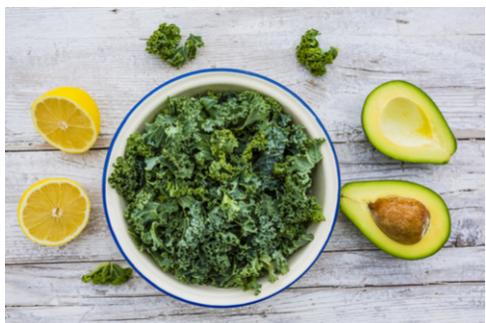
For all 2 meals:

bread
4 slice(s) (128g)
thyme, dried
2 tsp, ground (3g)
olive oil
1 tbsp (15mL)
mushrooms
1 cup, chopped (70g)
vegan cheese, sliced
2 slice(s) (40g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

Simple kale & avocado salad

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



For single meal:

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

For all 2 meals:

kale leaves, chopped
1 bunch (170g)
avocados, chopped
1 avocado(s) (201g)
lemon, juiced
1 small (58g)

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.

Lunch 4 ↗

Eat on day 7

Spicy sriracha peanut tofu

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



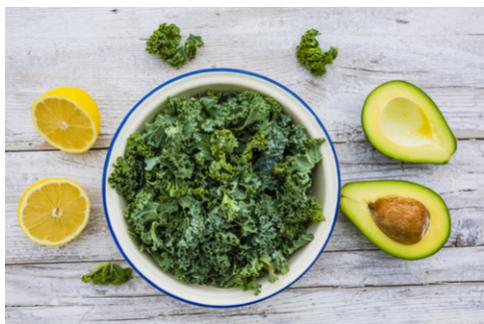
sriracha chili sauce

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)

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.

Simple kale & avocado salad

384 cals ● 8g protein ● 26g fat ● 16g carbs ● 15g fiber



kale leaves, chopped

5/6 bunch (142g)
avocados, chopped
5/6 avocado(s) (168g)
lemon, juiced
5/6 small (48g)

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.

Snacks 1 ↗

Eat on day 1, day 2, and day 3

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 3 meals:

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

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

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 3 meals:

tomatoes
18 cherry tomatoes (306g)

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

Snacks 2 ↗

Eat on day 4 and day 5

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.

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.

Snacks 3 ↗

Eat on day 6 and day 7

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 2 meals:

raisins

1 miniature box (.5 oz) (14g)

raw celery, trimmed

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

peanut butter

3 tbsp (48g)

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

Dinner 1 ↗

Eat on day 1 and day 2

Baked tofu

18 2/3 oz - 528 cals ● 52g protein ● 27g fat ● 13g carbs ● 6g fiber



For single meal:

soy sauce

9 1/3 tbsp (140mL)

sesame seeds

3 1/2 tsp (10g)

extra firm tofu

18 2/3 oz (529g)

fresh ginger, peeled and grated

1 1/6 slices (1" dia) (3g)

For all 2 meals:

soy sauce

56 tsp (280mL)

sesame seeds

2 1/3 tbsp (21g)

extra firm tofu

2 1/3 lbs (1058g)

fresh ginger, peeled and grated

2 1/3 slices (1" dia) (5g)

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.

Garlic collard greens

266 cals ● 12g protein ● 14g fat ● 8g carbs ● 15g fiber



For single meal:

collard greens
13 1/3 oz (378g)
oil
2 1/2 tsp (13mL)
salt
1/4 tsp (1g)
garlic, minced
2 1/2 clove(s) (8g)

For all 2 meals:

collard greens
1 2/3 lbs (756g)
oil
5 tsp (25mL)
salt
1/2 tsp (3g)
garlic, minced
5 clove(s) (15g)

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.

Dinner 2 ↗

Eat on day 3 and day 4

Simple kale & avocado salad

384 cals ● 8g protein ● 26g fat ● 16g carbs ● 15g fiber



For single meal:

kale leaves, chopped
5/6 bunch (142g)
avocados, chopped
5/6 avocado(s) (168g)
lemon, juiced
5/6 small (48g)

For all 2 meals:

kale leaves, chopped
1 2/3 bunch (284g)
avocados, chopped
1 2/3 avocado(s) (335g)
lemon, juiced
1 2/3 small (97g)

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 satay with peanut sauce

4 skewers - 466 cals ● 38g protein ● 28g fat ● 11g carbs ● 5g fiber



For single meal:

peanut butter
4 tsp (21g)
lime juice
3 tsp (15mL)
sesame oil
2 tsp (10mL)
vegan chick'n strips
1/3 lbs (151g)
skewer(s)
4 skewer(s) (4g)
fresh ginger, grated or minced
2/3 inch (2.5cm) cube (3g)

For all 2 meals:

peanut butter
2 2/3 tbsp (43g)
lime juice
2 tbsp (30mL)
sesame oil
4 tsp (20mL)
vegan chick'n strips
2/3 lbs (302g)
skewer(s)
8 skewer(s) (8g)
fresh ginger, grated or minced
1 1/3 inch (2.5cm) cube (7g)

1. If chick'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over the chick'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

Dinner 3

Eat on day 5

Tofu marsala

434 cals  17g protein  21g fat  37g carbs  6g fiber



vegan butter
1 tbsp (14g)
cornstarch
1 tsp (3g)
oil
1 tbsp (15mL)
balsamic vinegar
1/2 tbsp (8mL)
potatoes, peeled & quartered
5 oz (142g)
vegetable broth, hot
1/2 cup(s) (mL)
mushrooms, sliced
2 1/2 oz (71g)
shallots, minced
1/2 shallot (57g)
garlic, minced
1 clove(s) (3g)
firm tofu, patted dry & cubed
5 oz (142g)

1. Add potatoes to a large pot and cover with water. Bring to a simmer and cook for 10-15 minutes or until potatoes are fork-tender. Drain and return potatoes to the pot. Add butter and some salt and pepper. Mash with a fork until smooth. Set mashed potatoes aside.
2. In a small bowl, mix the hot broth with the cornstarch and some salt. Stir until incorporated. Set broth mixture aside.
3. Heat just half of the oil in a skillet over medium-high heat. Add the tofu and some salt and pepper. Cook, stirring occasionally until crisp, 4-6 minutes. Transfer tofu to a plate.
4. Heat remaining oil in the same skillet. Add mushrooms and shallot and cook 3-5 until mushrooms begin to brown. Add garlic and cook another minute until fragrant.
5. Add broth and balsamic vinegar. Bring to a simmer and cook until thickened, about 3-5 minutes.
6. Return tofu to the skillet and bring to a simmer. Season to taste with some salt and pepper.
7. Serve tofu marsala with mashed potatoes.

Tomato and avocado salad

156 cals ● 2g protein ● 12g fat ● 4g carbs ● 5g fiber



onion
2 tsp minced (10g)
lime juice
2 tsp (10mL)
olive oil
1/2 tsp (3mL)
garlic powder
1 1/3 dash (1g)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)
avocados, cubed
1/3 avocado(s) (67g)
tomatoes, diced
1/3 medium whole (2-3/5" dia) (41g)

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.

Pistachios

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



pistachios, shelled
4 tbsp (31g)

1. The recipe has no instructions.

Dinner 4 ↗

Eat on day 6 and day 7

Garlic pepper seitan

513 cals ● 46g protein ● 25g fat ● 25g carbs ● 2g fiber



For single meal:

olive oil
1 1/2 tbsp (23mL)
onion
3 tbsp, chopped (30g)
green pepper
1 1/2 tbsp, chopped (14g)
black pepper
1 1/2 dash, ground (0g)
water
3/4 tbsp (11mL)
salt
3/4 dash (1g)
seitan, chicken style
6 oz (170g)
garlic, minced
2 clove(s) (6g)

For all 2 meals:

olive oil
3 tbsp (45mL)
onion
6 tbsp, chopped (60g)
green pepper
3 tbsp, chopped (28g)
black pepper
3 dash, ground (1g)
water
1 1/2 tbsp (23mL)
salt
1 1/2 dash (1g)
seitan, chicken style
3/4 lbs (340g)
garlic, minced
3 3/4 clove(s) (11g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Garlic collard greens

266 cals ● 12g protein ● 14g fat ● 8g carbs ● 15g fiber



For single meal:

collard greens
13 1/3 oz (378g)
oil
2 1/2 tsp (13mL)
salt
1/4 tsp (1g)
garlic, minced
2 1/2 clove(s) (8g)

For all 2 meals:

collard greens
1 2/3 lbs (756g)
oil
5 tsp (25mL)
salt
1/2 tsp (3g)
garlic, minced
5 clove(s) (15g)

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.

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.