

# Meal Plan - 2700 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

2701 cals ● 209g protein (31%) ● 129g fat (43%) ● 126g carbs (19%) ● 49g fiber (7%)

### Breakfast

510 cals, 12g protein, 27g net carbs, 32g fat



Avocado toast

2 slice(s)- 336 cals



Avocado

176 cals

### Lunch

600 cals, 35g protein, 53g net carbs, 20g fat



Tempeh & mushroom stir fry

443 cals



Tomato and avocado salad

156 cals

### Snacks

360 cals, 17g protein, 5g net carbs, 28g fat



Sunflower seeds

361 cals

### Dinner

900 cals, 73g protein, 39g net carbs, 48g fat



Vegan bangers and cauliflower mash

2 1/2 sausage link(s)- 902 cals

### Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

## Day 2

2652 cals ● 197g protein (30%) ● 130g fat (44%) ● 113g carbs (17%) ● 60g fiber (9%)

### Breakfast

510 cals, 12g protein, 27g net carbs, 32g fat



Avocado toast

2 slice(s)- 336 cals



Avocado

176 cals

### Lunch

600 cals, 35g protein, 53g net carbs, 20g fat



Tempeh & mushroom stir fry

443 cals



Tomato and avocado salad

156 cals

### Snacks

360 cals, 17g protein, 5g net carbs, 28g fat



Sunflower seeds

361 cals

### Dinner

855 cals, 61g protein, 25g net carbs, 48g fat



Simple kale & avocado salad

288 cals



Baked tofu

20 oz- 566 cals

### Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

## Day 3

2685 cals ● 173g protein (26%) ● 134g fat (45%) ● 144g carbs (21%) ● 51g fiber (8%)

### Breakfast

420 cals, 16g protein, 28g net carbs, 20g fat



#### Roasted peanuts

1/6 cup(s)- 153 cals



#### Southwest avocado toast

1 toast(s)- 193 cals



#### Raspberries

1 cup(s)- 72 cals

### Snacks

340 cals, 11g protein, 21g net carbs, 21g fat



#### Roasted cashews

1/6 cup(s)- 139 cals



#### Smashed raspberry almond butter toast

1 toast(s)- 203 cals

### Lunch

770 cals, 33g protein, 47g net carbs, 46g fat



#### Walnuts

1/2 cup(s)- 306 cals



#### Slow cooker vegan jambalaya

346 cals



#### Tomato and avocado salad

117 cals

### Dinner

830 cals, 41g protein, 45g net carbs, 46g fat



#### Blueberries

1 cup(s)- 95 cals



#### Seitan salad

359 cals



#### Pistachios

375 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

## Day 4

2685 cals ● 173g protein (26%) ● 134g fat (45%) ● 144g carbs (21%) ● 51g fiber (8%)

### Breakfast

420 cals, 16g protein, 28g net carbs, 20g fat



#### Roasted peanuts

1/6 cup(s)- 153 cals



#### Southwest avocado toast

1 toast(s)- 193 cals



#### Raspberries

1 cup(s)- 72 cals

### Snacks

340 cals, 11g protein, 21g net carbs, 21g fat



#### Roasted cashews

1/6 cup(s)- 139 cals



#### Smashed raspberry almond butter toast

1 toast(s)- 203 cals

### Lunch

770 cals, 33g protein, 47g net carbs, 46g fat



#### Walnuts

1/2 cup(s)- 306 cals



#### Slow cooker vegan jambalaya

346 cals



#### Tomato and avocado salad

117 cals

### Dinner

830 cals, 41g protein, 45g net carbs, 46g fat



#### Blueberries

1 cup(s)- 95 cals



#### Seitan salad

359 cals



#### Pistachios

375 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

## Day 5

2659 cals ● 204g protein (31%) ● 124g fat (42%) ● 126g carbs (19%) ● 56g fiber (8%)

### Breakfast

420 cals, 16g protein, 28g net carbs, 20g fat



#### Roasted peanuts

1/6 cup(s)- 153 cals



#### Southwest avocado toast

1 toast(s)- 193 cals



#### Raspberries

1 cup(s)- 72 cals

### Snacks

315 cals, 12g protein, 13g net carbs, 20g fat



#### Mixed nuts

1/6 cup(s)- 145 cals



#### Bell pepper strips and hummus

170 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

### Lunch

815 cals, 46g protein, 25g net carbs, 49g fat



#### Crack slaw with tempeh

633 cals



#### Pecans

1/4 cup- 183 cals

### Dinner

785 cals, 58g protein, 57g net carbs, 34g fat



#### Soy milk

2 1/2 cup(s)- 212 cals



#### Crispy chick'n tenders

10 tender(s)- 571 cals

## Day 6

2644 cals ● 217g protein (33%) ● 124g fat (42%) ● 134g carbs (20%) ● 32g fiber (5%)

### Breakfast

420 cals, 45g protein, 13g net carbs, 20g fat



#### Roasted cashews

1/8 cup(s)- 104 cals



#### Protein shake (almond milk)

315 cals

### Lunch

800 cals, 29g protein, 49g net carbs, 48g fat



#### Chunky canned soup (creamy)

1/2 can(s)- 177 cals



#### Tofu spinach salad

370 cals



#### Simple vegan garlic bread

2 slice(s)- 252 cals

### Snacks

315 cals, 12g protein, 13g net carbs, 20g fat



#### Mixed nuts

1/6 cup(s)- 145 cals



#### Bell pepper strips and hummus

170 cals

### Dinner

785 cals, 58g protein, 57g net carbs, 34g fat



#### Soy milk

2 1/2 cup(s)- 212 cals



#### Crispy chick'n tenders

10 tender(s)- 571 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

# Day 7

2723 cals ● 193g protein (28%) ● 123g fat (41%) ● 149g carbs (22%) ● 63g fiber (9%)

## Breakfast

420 cals, 45g protein, 13g net carbs, 20g fat



### Roasted cashews

1/8 cup(s)- 104 cals



### Protein shake (almond milk)

315 cals

## Lunch

800 cals, 29g protein, 49g net carbs, 48g fat



### Chunky canned soup (creamy)

1/2 can(s)- 177 cals



### Tofu spinach salad

370 cals



### Simple vegan garlic bread

2 slice(s)- 252 cals

## Snacks

315 cals, 12g protein, 13g net carbs, 20g fat



### Mixed nuts

1/6 cup(s)- 145 cals



### Bell pepper strips and hummus

170 cals

## Dinner

860 cals, 34g protein, 71g net carbs, 33g fat



### Simple kale & avocado salad

115 cals



### Spanish chickpeas

746 cals

## Protein Supplement(s)

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



### Protein shake

3 scoop- 327 cals

# Grocery List



## Beverages

- protein powder  
24 scoop (1/3 cup ea) (744g)
- water  
22 cup(s) (5214mL)
- almond milk, unsweetened  
3 cup (720mL)

## Baked Products

- bread  
14 2/3 oz (416g)

## Fruits and Fruit Juices

- avocados  
5 avocado(s) (1013g)
- lemon juice  
1 1/6 fl oz (35mL)
- lime juice  
2 1/3 tbsp (35mL)
- lemon  
7/8 small (51g)
- blueberries  
2 cup (296g)
- raspberries  
14 1/2 oz (407g)

## Other

- frozen cauliflower  
2 cup (213g)
- vegan sausage  
3/4 lbs (326g)
- nutritional yeast  
2 tsp (3g)
- diced tomatoes  
1/3 28oz can (265g)
- guacamole, store-bought  
6 tbsp (93g)
- soy milk, unsweetened  
5 cup(s) (mL)
- meatless chik'n tenders  
20 pieces (510g)
- coleslaw mix  
3 cup (270g)

## Fats and Oils

- oil  
3 oz (88mL)

## Cereal Grains and Pasta

- brown rice  
1/2 cup (95g)
- seitan  
1/2 lbs (246g)
- long-grain white rice  
1/3 cup (62g)

## Legumes and Legume Products

- soy sauce  
1/2 lbs (210mL)
- tempeh  
14 oz (397g)
- extra firm tofu  
1 1/4 lbs (567g)
- roasted peanuts  
1/2 cup (73g)
- refried beans  
3/4 cup (182g)
- hummus  
1 cup (244g)
- firm tofu  
1/2 package (16 oz) (227g)
- chickpeas, canned  
1 can(s) (448g)

## Spices and Herbs

- garlic powder  
1/2 tbsp (5g)
- ground ginger  
4 dash (1g)
- salt  
1/2 tsp (4g)
- black pepper  
1/2 tsp, ground (1g)
- cajun seasoning  
1/2 tbsp (3g)
- ground cumin  
1/4 oz (7g)
- paprika  
2 tsp (5g)

## Nut and Seed Products

- sunflower kernels  
5 oz (137g)
- sesame seeds  
1 1/4 tbsp (11g)

- olive oil**  
1 oz (34mL)
- salad dressing**  
2 tbsp (30mL)

## **Vegetables and Vegetable Products**

- onion**  
2 2/3 medium (2-1/2" dia) (298g)
- mushrooms**  
2 cup, chopped (140g)
- bell pepper**  
4 large (685g)
- tomatoes**  
3 2/3 medium whole (2-3/5" dia) (450g)
- kale leaves**  
7/8 bunch (149g)
- fresh ginger**  
1 1/4 slices (1" dia) (3g)
- fresh spinach**  
1 1/6 10oz package (335g)
- raw celery**  
1 stalk, medium (7-1/2" - 8" long) (40g)
- garlic**  
8 clove(s) (25g)
- green pepper**  
1/6 large (27g)
- ketchup**  
5 tbsp (85g)
- tomato paste**  
2 tbsp (32g)

- pistachios, shelled**  
1 cup (123g)
- walnuts**  
14 tbsp, shelled (88g)
- roasted cashews**  
9 1/4 tbsp (80g)
- almond butter**  
2 tbsp (32g)
- flax seeds**  
2 dash (2g)
- mixed nuts**  
1/2 cup (67g)
- pecans**  
4 tbsp, halves (25g)

## **Soups, Sauces, and Gravies**

- vegetable broth**  
1/3 cup(s) (mL)
- hot sauce**  
3/8 fl oz (11mL)
- chunky canned soup (creamy varieties)**  
1 can (~19 oz) (533g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Avocado toast

2 slice(s) - 336 cals ● 10g protein ● 17g fat ● 25g carbs ● 11g fiber



For single meal:

**bread**  
2 slice (64g)  
**avocados, ripe, sliced**  
1/2 avocado(s) (101g)

For all 2 meals:

**bread**  
4 slice (128g)  
**avocados, ripe, sliced**  
1 avocado(s) (201g)

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

### 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.

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### Roasted peanuts

1/6 cup(s) - 153 cals ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 2/3 tbsp (24g)

For all 3 meals:

**roasted peanuts**  
1/2 cup (73g)

1. The recipe has no instructions.

### Southwest avocado toast

1 toast(s) - 193 cals ● 8g protein ● 7g fat ● 18g carbs ● 7g fiber



For single meal:

**bread**  
1 slice(s) (32g)  
**guacamole, store-bought**  
2 tbsp (31g)  
**refried beans**  
4 tbsp (61g)  
**fresh spinach**  
1/8 cup(s) (4g)

For all 3 meals:

**bread**  
3 slice(s) (96g)  
**guacamole, store-bought**  
6 tbsp (93g)  
**refried beans**  
3/4 cup (182g)  
**fresh spinach**  
3/8 cup(s) (11g)

1. Toast bread, if desired. Heat refried beans by transferring them to a microwave-safe bowl and microwaving for 1-3 minutes, stirring halfway through.
2. Spread refried beans over bread and top with guacamole and spinach. Serve.

### 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.

## Breakfast 3 ↗

Eat on day 6 and day 7

### 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.

### Protein shake (almond milk)

315 cals ● 43g protein ● 12g fat ● 8g carbs ● 2g fiber



For single meal:

**almond milk, unsweetened**  
1 1/2 cup (360mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

For all 2 meals:

**almond milk, unsweetened**  
3 cup (720mL)  
**protein powder**  
3 scoop (1/3 cup ea) (93g)

1. Mix until well-combined.
2. Serve.

## Lunch 1 ↗

Eat on day 1 and day 2

### Tempeh & mushroom stir fry

443 cals ● 33g protein ● 8g fat ● 49g carbs ● 12g fiber



For single meal:

**brown rice**  
4 tbsp (48g)  
**soy sauce**  
1 tbsp (15mL)  
**garlic powder**  
4 dash (2g)  
**ground ginger**  
2 dash (0g)  
**mushrooms, chopped**  
1 cup, chopped (70g)  
**tempeh, sliced**  
4 oz (113g)  
**bell pepper, sliced**  
1/2 large (82g)

For all 2 meals:

**brown rice**  
1/2 cup (95g)  
**soy sauce**  
2 tbsp (30mL)  
**garlic powder**  
1 tsp (3g)  
**ground ginger**  
4 dash (1g)  
**mushrooms, chopped**  
2 cup, chopped (140g)  
**tempeh, sliced**  
1/2 lbs (227g)  
**bell pepper, sliced**  
1 large (164g)

1. Cook rice according to its package instructions. Set aside.
2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
4. Combine rice with the tempeh and vegetable mixture. Serve.

### Tomato and avocado salad

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



For single meal:

**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)

For all 2 meals:

**onion**  
4 tsp minced (20g)  
**lime juice**  
4 tsp (20mL)  
**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**  
2/3 avocado(s) (134g)  
**tomatoes, diced**  
2/3 medium whole (2-3/5" dia)  
(82g)

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.

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## Lunch 2 ↗

Eat on day 3 and day 4

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### Walnuts

1/2 cup(s) - 306 cals ● 7g protein ● 29g fat ● 3g carbs ● 3g fiber



For single meal:

**walnuts**  
1/2 cup, shelled (44g)

For all 2 meals:

**walnuts**  
14 tbsp, shelled (88g)

1. The recipe has no instructions.

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### Slow cooker vegan jambalaya

346 cals ● 25g protein ● 8g fat ● 41g carbs ● 2g fiber



For single meal:

**vegetable broth**  
1/6 cup(s) (mL)  
**long-grain white rice**  
2 2/3 tbsp (31g)  
**cajun seasoning**  
1/4 tbsp (2g)  
**olive oil**  
1/2 tsp (3mL)  
**onion, chopped**  
1/8 large (13g)  
**hot sauce**  
1/3 tsp (2mL)  
**diced tomatoes, with juice**  
1/6 28oz can (132g)  
**vegan sausage, sliced**  
1 1/3 oz (38g)  
**raw celery, chopped**  
1/2 stalk, medium (7-1/2" - 8" long)  
(20g)  
**garlic, minced**  
1/3 clove(s) (1g)  
**seitan, cut into cubes**  
1 1/3 oz (38g)  
**green pepper, seeded and chopped**  
1/8 large (14g)

For all 2 meals:

**vegetable broth**  
1/3 cup(s) (mL)  
**long-grain white rice**  
1/3 cup (62g)  
**cajun seasoning**  
1/2 tbsp (3g)  
**olive oil**  
1 tsp (5mL)  
**onion, chopped**  
1/6 large (25g)  
**hot sauce**  
1/4 tbsp (3mL)  
**diced tomatoes, with juice**  
1/3 28oz can (265g)  
**vegan sausage, sliced**  
2 2/3 oz (76g)  
**raw celery, chopped**  
1 stalk, medium (7-1/2" - 8" long)  
(40g)  
**garlic, minced**  
2/3 clove(s) (2g)  
**seitan, cut into cubes**  
2 2/3 oz (76g)  
**green pepper, seeded and chopped**  
1/6 large (27g)

1. Drizzle the bottom of a 4-quart slow cooker crock with olive oil. Stir tomatoes with juice, seitan, sausage, onion, green bell pepper, celery, vegetable broth, garlic, hot sauce, and Cajun seasoning into crock.
2. Cook on Low for 4 hours. Add rice to the crock and cook on High until rice is cooked through, about 30 minutes more.

## Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

**onion**  
1/2 tbsp minced (8g)  
**lime juice**  
1/2 tbsp (8mL)  
**olive oil**  
3/8 tsp (2mL)  
**garlic powder**  
1 dash (0g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**avocados, cubed**  
1/4 avocado(s) (50g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia)  
(31g)

For all 2 meals:

**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia)  
(62g)

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.

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## Lunch 3 ↗

Eat on day 5

### Crack slaw with tempeh

633 cals ● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



**coleslaw mix**  
3 cup (270g)  
**hot sauce**  
1/2 tbsp (8mL)  
**sunflower kernels**  
1 1/2 tbsp (18g)  
**oil**  
1 tbsp (15mL)  
**garlic, minced**  
1 1/2 clove (5g)  
**tempeh, cubed**  
6 oz (170g)

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.

### Pecans

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



Makes 1/4 cup

**pecans**  
4 tbsp, halves (25g)

1. The recipe has no instructions.

## Lunch 4 ↗

Eat on day 6 and day 7

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### Chunky canned soup (creamy)

1/2 can(s) - 177 cals ● 6g protein ● 9g fat ● 15g carbs ● 4g fiber



For single meal:

**chunky canned soup (creamy varieties)**  
1/2 can (~19 oz) (267g)

For all 2 meals:

**chunky canned soup (creamy varieties)**  
1 can (~19 oz) (533g)

1. Prepare according to instructions on package.

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### Tofu spinach salad

370 cals ● 15g protein ● 28g fat ● 9g carbs ● 6g fiber



For single meal:

**sunflower kernels**  
1/4 tbsp (3g)  
**soy sauce**  
1 tbsp (15mL)  
**ground cumin**  
2 dash (1g)  
**lemon juice**  
1 tbsp (15mL)  
**tomatoes**  
3 cherry tomatoes (51g)  
**fresh spinach, chopped**  
1 1/2 cup(s) (45g)  
**oil, divided**  
1 tbsp (15mL)  
**firm tofu, drained, pressed, and cubed**  
1/4 package (16 oz) (113g)  
**avocados, cubed**  
1/4 avocado(s) (50g)  
**garlic, minced**  
1 clove(s) (3g)

For all 2 meals:

**sunflower kernels**  
1/2 tbsp (6g)  
**soy sauce**  
2 tbsp (30mL)  
**ground cumin**  
4 dash (1g)  
**lemon juice**  
2 tbsp (30mL)  
**tomatoes**  
6 cherry tomatoes (102g)  
**fresh spinach, chopped**  
3 cup(s) (90g)  
**oil, divided**  
2 tbsp (30mL)  
**firm tofu, drained, pressed, and cubed**  
1/2 package (16 oz) (227g)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**garlic, minced**  
2 clove(s) (6g)

1. Preheat the oven to 400°F (200°C).
2. In a small bowl, mix together the soy sauce, garlic, cumin, and half of the oil.
3. Add in the cubed tofu and mix until well-coated.
4. Optional: wrap in plastic and marinade in the refrigerator for a few hours or overnight.
5. Place some greased parchment paper onto a baking sheet. Add tofu.
6. Bake in oven for 30 minutes, flipping halfway through.
7. Assemble salad by placing the tofu, tomatoes, and avocado on a bed of spinach.
8. Top with lemon juice, sunflower kernels, remaining oil, and salt/pepper to taste.
9. Toss and serve.
10. Storage note: if meal prepping, store extra tofu in an airtight container in the fridge. Mix the dressing and store separately also in an airtight container in the fridge. Mix all elements together right before eating.

## Simple vegan garlic bread

2 slice(s) - 252 cals ● 8g protein ● 11g fat ● 25g carbs ● 4g fiber



For single meal:

**bread**  
2 slice (64g)  
**olive oil**  
2 tsp (10mL)  
**garlic, minced**  
2 clove(s) (6g)

For all 2 meals:

**bread**  
4 slice (128g)  
**olive oil**  
4 tsp (20mL)  
**garlic, minced**  
4 clove(s) (12g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

## Snacks 1 ↗

Eat on day 1 and day 2

### Sunflower seeds

361 cals ● 17g protein ● 28g fat ● 5g carbs ● 5g fiber



For single meal:

**sunflower kernels**  
2 oz (57g)

For all 2 meals:

**sunflower kernels**  
4 oz (113g)

1. The recipe has no instructions.

## Snacks 2 ↗

Eat on day 3 and day 4

### Roasted cashews

1/6 cup(s) - 139 cals ● 3g protein ● 11g fat ● 7g carbs ● 1g fiber



For single meal:

**roasted cashews**  
2 2/3 tbsp (23g)

For all 2 meals:

**roasted cashews**  
1/3 cup (46g)

1. The recipe has no instructions.

### Smashed raspberry almond butter toast

1 toast(s) - 203 cals ● 8g protein ● 11g fat ● 14g carbs ● 5g fiber



For single meal:

**bread**  
1 slice(s) (32g)  
**almond butter**  
1 tbsp (16g)  
**flax seeds**  
1 dash (1g)  
**raspberries**  
10 raspberries (19g)

For all 2 meals:

**bread**  
2 slice(s) (64g)  
**almond butter**  
2 tbsp (32g)  
**flax seeds**  
2 dash (2g)  
**raspberries**  
20 raspberries (38g)

1. Toast bread (optional).
2. Spread almond butter over bread. Place raspberries on the almond butter and smash them gently using the back of a fork. Top with flax seeds and serve.

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Mixed nuts

1/6 cup(s) - 145 cals ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

**mixed nuts**  
2 2/3 tbsp (22g)

For all 3 meals:

**mixed nuts**  
1/2 cup (67g)

1. The recipe has no instructions.

### Bell pepper strips and hummus

170 cals ● 7g protein ● 8g fat ● 10g carbs ● 7g fiber



For single meal:

**hummus**  
1/3 cup (81g)  
**bell pepper**  
1 medium (119g)

For all 3 meals:

**hummus**  
1 cup (244g)  
**bell pepper**  
3 medium (357g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

## Dinner 1 ↗

Eat on day 1

### Vegan bangers and cauliflower mash

2 1/2 sausage link(s) - 902 cals ● 73g protein ● 48g fat ● 39g carbs ● 7g fiber



Makes 2 1/2 sausage link(s)

**frozen cauliflower**  
2 cup (213g)  
**oil**  
1 1/4 tbsp (19mL)  
**vegan sausage**  
2 1/2 sausage (250g)  
**onion, thinly sliced**  
1 1/4 small (88g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

## Dinner 2 ↗

Eat on day 2

### Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



**kale leaves, chopped**  
5/8 bunch (106g)  
**avocados, chopped**  
5/8 avocado(s) (126g)  
**lemon, juiced**  
5/8 small (36g)

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.

### Baked tofu

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



Makes 20 oz

**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)

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.

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## Dinner 3 ↗

Eat on day 3 and day 4

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### Blueberries

1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

**blueberries**

1 cup (148g)

For all 2 meals:

**blueberries**

2 cup (296g)

1. Rinse off blueberries and serve.

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### 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.

## Pistachios

375 cals ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



For single meal:

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

For all 2 meals:

**pistachios, shelled**  
1 cup (123g)

1. The recipe has no instructions.

## Dinner 4 ↗

Eat on day 5 and day 6

### Soy milk

2 1/2 cup(s) - 212 cals ● 18g protein ● 11g fat ● 5g carbs ● 5g fiber



For single meal:

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

For all 2 meals:

**soy milk, unsweetened**  
5 cup(s) (mL)

1. The recipe has no instructions.

### Crispy chik'n tenders

10 tender(s) - 571 cals ● 41g protein ● 23g fat ● 52g carbs ● 0g fiber



For single meal:

**meatless chik'n tenders**  
10 pieces (255g)  
**ketchup**  
2 1/2 tbsp (43g)

For all 2 meals:

**meatless chik'n tenders**  
20 pieces (510g)  
**ketchup**  
5 tbsp (85g)

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

## Dinner 5 ↗

Eat on day 7

### Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



**kale leaves, chopped**  
1/4 bunch (43g)  
**avocados, chopped**  
1/4 avocado(s) (50g)  
**lemon, juiced**  
1/4 small (15g)

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.

### Spanish chickpeas

746 cals ● 31g protein ● 26g fat ● 66g carbs ● 31g fiber



**tomato paste**  
2 tbsp (32g)  
**fresh spinach**  
4 oz (113g)  
**water**  
1 cup(s) (237mL)  
**oil**  
1 tbsp (15mL)  
**paprika**  
2 tsp (5g)  
**ground cumin**  
1 tbsp (6g)  
**chickpeas, canned, drained & rinsed**  
1 can(s) (448g)  
**onion, sliced**  
1 large (150g)  
**bell pepper, deseeded & sliced**  
1 large (164g)

1. Heat oil in a skillet over medium heat. Add onion, bell pepper, and some salt and pepper. Saute 8-10 minutes, stirring occasionally until vegetables have softened.
2. Stir in tomato paste, paprika, and cumin. Cook 1-2 minutes.
3. Stir in chickpeas and water. Reduce heat and bring to a simmer and cook until liquid has reduced, about 8-10 minutes.
4. Stir in spinach and cook for 1-2 minutes until wilted. Season to taste with salt and pepper. 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.