

# Meal Plan - 2800 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

2844 cals ● 211g protein (30%) ● 139g fat (44%) ● 126g carbs (18%) ● 62g fiber (9%)

### Breakfast

460 cals, 46g protein, 21g net carbs, 14g fat



**Raspberries**

2 cup(s)- 144 cals



**Protein shake (almond milk)**

315 cals

### Snacks

210 cals, 7g protein, 8g net carbs, 14g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Pistachios**

188 cals

### Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cals

### Lunch

990 cals, 34g protein, 65g net carbs, 59g fat



**Roasted almonds**

1/2 cup(s)- 388 cals



**Grilled 'cheese' with mushrooms**

603 cals

### Dinner

860 cals, 52g protein, 29g net carbs, 51g fat



**Buffalo tempeh with vegan ranch**

785 cals



**Mixed vegetables**

3/4 cup(s)- 73 cals

## Day 2

2780 cals ● 201g protein (29%) ● 135g fat (44%) ● 121g carbs (17%) ● 70g fiber (10%)

### Breakfast

460 cals, 46g protein, 21g net carbs, 14g fat



**Raspberries**

2 cup(s)- 144 cals



**Protein shake (almond milk)**

315 cals

### Snacks

210 cals, 7g protein, 8g net carbs, 14g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Pistachios**

188 cals

### Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cals

### Lunch

930 cals, 24g protein, 60g net carbs, 54g fat



**Roasted almonds**

3/8 cup(s)- 370 cals



**Strawberry apple spinach salad**

558 cals

### Dinner

860 cals, 52g protein, 29g net carbs, 51g fat



**Buffalo tempeh with vegan ranch**

785 cals



**Mixed vegetables**

3/4 cup(s)- 73 cals

## Day 3

2736 cals ● 208g protein (30%) ● 122g fat (40%) ● 141g carbs (21%) ● 61g fiber (9%)

### Breakfast

435 cals, 13g protein, 15g net carbs, 31g fat



**Mixed nuts**

3/8 cup(s)- 363 cals



**Raspberries**

1 cup(s)- 72 cals

### Snacks

210 cals, 7g protein, 8g net carbs, 14g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Pistachios**

188 cals

### Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cals

### Lunch

910 cals, 59g protein, 72g net carbs, 34g fat



**Roasted almonds**

1/6 cup(s)- 166 cals



**Chunky canned soup (non-creamy)**

3 can(s)- 741 cals

### Dinner

860 cals, 56g protein, 44g net carbs, 41g fat



**Basic tempeh**

8 oz- 590 cals



**Sauteed corn & lima beans**

268 cals

## Day 4

2836 cals ● 211g protein (30%) ● 120g fat (38%) ● 166g carbs (23%) ● 63g fiber (9%)

### Breakfast

435 cals, 13g protein, 15g net carbs, 31g fat



**Mixed nuts**  
3/8 cup(s)- 363 cals



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

### Snacks

310 cals, 11g protein, 33g net carbs, 12g fat



**High-protein granola bar**  
1 bar(s)- 204 cals



**Apple**  
1 apple(s)- 105 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

910 cals, 59g protein, 72g net carbs, 34g fat



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



**Chunky canned soup (non-creamy)**  
3 can(s)- 741 cals

### Dinner

860 cals, 56g protein, 44g net carbs, 41g fat



**Basic tempeh**  
8 oz- 590 cals



**Sauteed corn & lima beans**  
268 cals

## Day 5

2840 cals ● 186g protein (26%) ● 148g fat (47%) ● 150g carbs (21%) ● 40g fiber (6%)

### Breakfast

435 cals, 13g protein, 15g net carbs, 31g fat



**Mixed nuts**  
3/8 cup(s)- 363 cals



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

### Snacks

310 cals, 11g protein, 33g net carbs, 12g fat



**High-protein granola bar**  
1 bar(s)- 204 cals



**Apple**  
1 apple(s)- 105 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

895 cals, 37g protein, 50g net carbs, 56g fat



**Roasted peanuts**  
1/2 cup(s)- 460 cals



**Vegan cream of mushroom soup**  
301 cals



**Soy milk yogurt**  
1 container- 136 cals

### Dinner

870 cals, 53g protein, 51g net carbs, 48g fat



**Lemon pepper tofu**  
21 oz- 756 cals



**Lima beans**  
116 cals

## Day 6

2755 cals ● 231g protein (34%) ● 115g fat (38%) ● 139g carbs (20%) ● 60g fiber (9%)

### Breakfast

435 cals, 19g protein, 12g net carbs, 30g fat



**Raspberries**

1 cup(s)- 72 cals



**Pumpkin seeds**

366 cals

### Snacks

280 cals, 15g protein, 13g net carbs, 16g fat



**Roasted peanuts**

1/8 cup(s)- 115 cals



**Strawberries**

1 cup(s)- 52 cals



**Soy milk**

1 1/3 cup(s)- 113 cals

### Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cals

### Lunch

870 cals, 62g protein, 78g net carbs, 24g fat



**Peanut tempeh**

4 oz tempeh- 434 cals



**Lentils**

434 cals

### Dinner

845 cals, 62g protein, 34g net carbs, 44g fat



**Simple kale & avocado salad**

307 cals



**Vegan sausage**

2 sausage(s)- 536 cals

## Day 7

2755 cals ● 231g protein (34%) ● 115g fat (38%) ● 139g carbs (20%) ● 60g fiber (9%)

### Breakfast

435 cals, 19g protein, 12g net carbs, 30g fat



**Raspberries**

1 cup(s)- 72 cals



**Pumpkin seeds**

366 cals

### Snacks

280 cals, 15g protein, 13g net carbs, 16g fat



**Roasted peanuts**

1/8 cup(s)- 115 cals



**Strawberries**

1 cup(s)- 52 cals



**Soy milk**

1 1/3 cup(s)- 113 cals

### Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cals

### Lunch

870 cals, 62g protein, 78g net carbs, 24g fat



**Peanut tempeh**

4 oz tempeh- 434 cals



**Lentils**

434 cals

### Dinner

845 cals, 62g protein, 34g net carbs, 44g fat



**Simple kale & avocado salad**

307 cals



**Vegan sausage**

2 sausage(s)- 536 cals

## Beverages

- ☐ protein powder  
24 scoop (1/3 cup ea) (744g)
- ☐ water  
26 cup(s) (6162mL)
- ☐ almond milk, unsweetened  
1/4 gallon (1080mL)

## Fruits and Fruit Juices

- ☐ raspberries  
9 cup (1107g)
- ☐ strawberries  
1 1/2 pint (585g)
- ☐ apples  
3 1/2 medium (3" dia) (612g)
- ☐ lemon  
3 small (164g)
- ☐ avocados  
1 1/3 avocado(s) (268g)
- ☐ lemon juice  
1 tbsp (15mL)

## Fats and Oils

- ☐ oil  
3 oz (95mL)
- ☐ olive oil  
2 1/2 tbsp (38mL)
- ☐ balsamic vinaigrette  
1/4 cup (50mL)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
1/2 cup (120mL)
- ☐ chunky canned soup (non-creamy varieties)  
6 can (~19 oz) (3156g)

## Legumes and Legume Products

- ☐ tempeh  
2 1/2 lbs (1134g)
- ☐ firm tofu  
1 1/3 lbs (595g)
- ☐ roasted peanuts  
3/4 cup (110g)
- ☐ peanut butter  
4 tbsp (65g)
- ☐ soy sauce  
2 tsp (10mL)

## Vegetables and Vegetable Products

- ☐ frozen mixed veggies  
1 1/2 cup (203g)
- ☐ mushrooms  
1/3 lbs (149g)
- ☐ tomatoes  
18 cherry tomatoes (306g)
- ☐ fresh spinach  
5 cup(s) (150g)
- ☐ lima beans, frozen  
1 package (10 oz) (287g)
- ☐ frozen corn kernels  
1 cup (153g)
- ☐ cauliflower  
1 1/2 cup chopped (161g)
- ☐ onion  
3/8 small (26g)
- ☐ garlic  
3/4 clove (2g)
- ☐ kale leaves  
1 1/3 bunch (227g)

## Nut and Seed Products

- ☐ almonds  
7 oz (195g)
- ☐ pistachios, shelled  
3/4 cup (92g)
- ☐ mixed nuts  
1 1/4 cup (168g)
- ☐ roasted pumpkin seeds, unsalted  
1 cup (118g)

## Baked Products

- ☐ bread  
4 slice(s) (128g)

## Spices and Herbs

- ☐ thyme, dried  
2 tsp, ground (3g)
- ☐ black pepper  
1 1/4 tsp, ground (3g)
- ☐ salt  
1 1/4 tsp (8g)
- ☐ lemon pepper  
1/4 tbsp (2g)
- ☐ onion powder  
1/2 tbsp (4g)

- ☐ lentils, raw  
1 1/4 cup (240g)

## Other

- ☐ vegan ranch  
1/2 cup (120mL)
  - ☐ vegan cheese, sliced  
2 slice(s) (40g)
  - ☐ soy milk yogurt  
1 container(s) (150g)
  - ☐ vegan sausage  
4 sausage (400g)
  - ☐ soy milk, unsweetened  
2 2/3 cup(s) (mL)
  - ☐ nutritional yeast  
1 tbsp (4g)
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## Snacks

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

## Cereal Grains and Pasta

- ☐ cornstarch  
3 tbsp (24g)

## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Raspberries

2 cup(s) - 144 cal ● 3g protein ● 2g fat ● 13g carbs ● 16g fiber



For single meal:

**raspberries**  
2 cup (246g)

For all 2 meals:

**raspberries**  
4 cup (492g)

1. Rinse raspberries and serve.

### Protein shake (almond milk)

315 cal ● 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.



# Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

## Mixed nuts

3/8 cup(s) - 363 cals ● 11g protein ● 30g fat ● 8g carbs ● 4g fiber



For single meal:

**mixed nuts**  
6 2/3 tbsp (56g)

For all 3 meals:

**mixed nuts**  
1 1/4 cup (168g)

1. The recipe has no instructions.

## 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

### Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

**raspberries**  
1 cup (123g)

For all 2 meals:

**raspberries**  
2 cup (246g)

1. Rinse raspberries and serve.

### Pumpkin seeds

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



For single meal:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1 cup (118g)

1. The recipe has no instructions.

## Lunch 1 [↗](#)

Eat on day 1

### Roasted almonds

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



Makes 1/2 cup(s)

**almonds**  
1/2 cup, whole (63g)

1. The recipe has no instructions.

### Grilled 'cheese' with mushrooms

603 cals ● 20g protein ● 27g fat ● 59g carbs ● 9g fiber



**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.

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## Lunch 2 [🔗](#)

Eat on day 2

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### 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.

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### Strawberry apple spinach salad

558 cals ● 11g protein ● 25g fat ● 55g carbs ● 18g fiber



**fresh spinach**  
5 cup(s) (150g)  
**almonds**  
3 1/3 tbsp, sliced (19g)  
**balsamic vinaigrette**  
3 1/3 tbsp (50mL)  
**strawberries, chopped**  
5/6 pint (297g)  
**apples, chopped**  
1 2/3 small (2-3/4" dia) (248g)

1. Toss all ingredients together, except the vinaigrette.
  2. Drizzle Vinaigrette over salad when serving.
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## Lunch 3 [↗](#)

Eat on day 3 and day 4

### Roasted almonds

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



For single meal:

**almonds**  
3 tbsp, whole (27g)

For all 2 meals:

**almonds**  
6 tbsp, whole (54g)

1. The recipe has no instructions.

### Chunky canned soup (non-creamy)

3 can(s) - 741 cals ● 54g protein ● 20g fat ● 70g carbs ● 16g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**  
3 can (~19 oz) (1578g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
6 can (~19 oz) (3156g)

1. Prepare according to instructions on package.

## Lunch 4 [↗](#)

Eat on day 5

### Roasted peanuts

1/2 cup(s) - 460 cals ● 18g protein ● 37g fat ● 9g carbs ● 6g fiber



Makes 1/2 cup(s)

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

1. The recipe has no instructions.

### Vegan cream of mushroom soup

301 cals ● 14g protein ● 16g fat ● 21g carbs ● 5g fiber



**black pepper**  
1/4 tbsp, ground (2g)  
**oil**  
1/4 tbsp (4mL)  
**salt**  
3 dash (2g)  
**onion powder**  
1/2 tbsp (4g)  
**almond milk, unsweetened**  
1 1/2 cup(s) (360mL)  
**cauliflower**  
1 1/2 cup chopped (161g)  
**mushrooms, diced**  
1 cup, pieces or slices (79g)  
**onion, diced**  
3/8 small (26g)  
**garlic, diced**  
3/4 clove (2g)

1. In a small saucepan, heat the cauliflower, almond milk, onion powder, salt, and pepper. Bring to a boil.
2. Once boiling, reduce heat, and continue cooking for 8 minutes.
3. Blend the cauliflower mixture with a food processor, blender or immersion blender.
4. In a deep pan, add the oil, mushrooms, onion and garlic and cook over medium heat until onions soften, about 10 minutes.
5. Add cauliflower mixture to the mushrooms, cover, and bring to a boil. Let simmer for 10 minutes. Serve.

## Soy milk yogurt

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



Makes 1 container

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

1. The recipe has no instructions.

## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Peanut tempeh

4 oz tempeh - 434 cals ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



For single meal:

**tempeh**  
4 oz (113g)  
**peanut butter**  
2 tbsp (32g)  
**lemon juice**  
1/2 tbsp (8mL)  
**soy sauce**  
1 tsp (5mL)  
**nutritional yeast**  
1/2 tbsp (2g)

For all 2 meals:

**tempeh**  
1/2 lbs (227g)  
**peanut butter**  
4 tbsp (65g)  
**lemon juice**  
1 tbsp (15mL)  
**soy sauce**  
2 tsp (10mL)  
**nutritional yeast**  
1 tbsp (4g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

### Lentils

434 cals ● 30g protein ● 1g fat ● 63g carbs ● 13g fiber



For single meal:

**water**  
2 1/2 cup(s) (593mL)  
**salt**  
1 1/4 dash (1g)  
**lentils, raw, rinsed**  
10 tbsp (120g)

For all 2 meals:

**water**  
5 cup(s) (1185mL)  
**salt**  
1/3 tsp (2g)  
**lentils, raw, rinsed**  
1 1/4 cup (240g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.



## Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

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### 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.

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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 3 meals:

**pistachios, shelled**  
3/4 cup (92g)

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

Eat on day 4 and day 5

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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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### Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

**apples**  
1 medium (3" dia) (182g)

For all 2 meals:

**apples**  
2 medium (3" dia) (364g)

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

Eat on day 6 and day 7

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 2 meals:

**roasted peanuts**  
4 tbsp (37g)

- 1. The recipe has no instructions.

Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

**strawberries**  
1 cup, whole (144g)

For all 2 meals:

**strawberries**  
2 cup, whole (288g)

- 1. The recipe has no instructions.

Soy milk

1 1/3 cup(s) - 113 cals ● 9g protein ● 6g fat ● 3g carbs ● 3g fiber



For single meal:

**soy milk, unsweetened**  
1 1/3 cup(s) (mL)

For all 2 meals:

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

- 1. The recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1 and day 2

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### Buffalo tempeh with vegan ranch

785 cals ● 48g protein ● 50g fat ● 19g carbs ● 16g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**Frank's Red Hot sauce**  
4 tbsp (60mL)  
**tempeh, roughly chopped**  
1/2 lbs (227g)  
**vegan ranch**  
4 tbsp (60mL)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**Frank's Red Hot sauce**  
1/2 cup (120mL)  
**tempeh, roughly chopped**  
1 lbs (454g)  
**vegan ranch**  
1/2 cup (120mL)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

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### Mixed vegetables

3/4 cup(s) - 73 cals ● 3g protein ● 1g fat ● 10g carbs ● 4g fiber



For single meal:

**frozen mixed veggies**  
3/4 cup (101g)

For all 2 meals:

**frozen mixed veggies**  
1 1/2 cup (203g)

1. Prepare according to instructions on package.
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## Dinner 2 [↗](#)

Eat on day 3 and day 4

### 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.

### Sauteed corn & lima beans

268 cals ● 8g protein ● 11g fat ● 27g carbs ● 7g fiber



For single meal:

**black pepper**  
1 1/2 dash, ground (0g)  
**salt**  
1 1/2 dash (1g)  
**lima beans, frozen**  
1/2 cup (90g)  
**frozen corn kernels**  
1/2 cup (77g)  
**olive oil**  
3/4 tbsp (11mL)

For all 2 meals:

**black pepper**  
3 dash, ground (1g)  
**salt**  
3 dash (2g)  
**lima beans, frozen**  
1 cup (180g)  
**frozen corn kernels**  
1 cup (153g)  
**olive oil**  
1 1/2 tbsp (23mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

## Dinner 3 [↗](#)

Eat on day 5

### Lemon pepper tofu

21 oz - 756 cal ● 46g protein ● 47g fat ● 35g carbs ● 1g fiber



Makes 21 oz

**cornstarch**

3 tbsp (24g)

**oil**

1 1/2 tbsp (23mL)

**lemon pepper**

1/4 tbsp (2g)

**lemon, zested**

1 1/2 small (87g)

**firm tofu, patted dry & cubed**

1 1/3 lbs (595g)

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

### Lima beans

116 cal ● 7g protein ● 0g fat ● 15g carbs ● 6g fiber



**black pepper**

3/4 dash, ground (0g)

**salt**

1 1/2 dash (1g)

**lima beans, frozen**

3/8 package (10 oz) (107g)

1. Cook lima beans according to package.
2. Season to taste with salt and pepper.
3. Serve.

## Dinner 4 [↗](#)

Eat on day 6 and day 7

### Simple kale & avocado salad

307 cals ● 6g protein ● 20g fat ● 13g carbs ● 12g fiber



For single meal:

**kale leaves, chopped**  
2/3 bunch (113g)  
**avocados, chopped**  
2/3 avocado(s) (134g)  
**lemon, juiced**  
2/3 small (39g)

For all 2 meals:

**kale leaves, chopped**  
1 1/3 bunch (227g)  
**avocados, chopped**  
1 1/3 avocado(s) (268g)  
**lemon, juiced**  
1 1/3 small (77g)

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.

### 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.

# 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.