

Meal Plan - 2900 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

2886 cals ● 209g protein (29%) ● 144g fat (45%) ● 126g carbs (17%) ● 62g fiber (9%)

Breakfast

480 cals, 22g protein, 19g net carbs, 33g fat



Pecans
1/4 cup- 183 cals



Almond yogurt
1 container(s)- 191 cals



Protein shake (almond milk)
105 cals

Lunch

920 cals, 54g protein, 30g net carbs, 54g fat



Roasted peanuts
1/3 cup(s)- 288 cals



Crack slaw with tempeh
633 cals

Snacks

190 cals, 6g protein, 5g net carbs, 14g fat



Pepper strips and guacamole
100 cals



Sunflower seeds
90 cals

Dinner

915 cals, 43g protein, 69g net carbs, 41g fat



Basic tempeh
6 oz- 443 cals



Sweet potato wedges
347 cals



Sautéed peppers and onions
125 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Day 2

2993 cals ● 189g protein (25%) ● 165g fat (50%) ● 111g carbs (15%) ● 77g fiber (10%)

Breakfast

480 cals, 22g protein, 19g net carbs, 33g fat



Pecans
1/4 cup- 183 cals



Almond yogurt
1 container(s)- 191 cals



Protein shake (almond milk)
105 cals

Snacks

190 cals, 6g protein, 5g net carbs, 14g fat



Pepper strips and guacamole
100 cals



Sunflower seeds
90 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

975 cals, 24g protein, 34g net carbs, 66g fat



Roasted peanuts
1/6 cup(s)- 153 cals



Zoodles with avocado sauce
824 cals

Dinner

965 cals, 52g protein, 50g net carbs, 50g fat



Buffalo tempeh with vegan ranch
589 cals



Olive oil drizzled lima beans
377 cals

Day 3

2883 cals ● 200g protein (28%) ● 126g fat (39%) ● 192g carbs (27%) ● 46g fiber (6%)

Breakfast

480 cals, 22g protein, 19g net carbs, 33g fat



Pecans
1/4 cup- 183 cals



Almond yogurt
1 container(s)- 191 cals



Protein shake (almond milk)
105 cals

Snacks

300 cals, 6g protein, 29g net carbs, 15g fat



Blueberries
1 cup(s)- 95 cals



Kale chips
206 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

845 cals, 30g protein, 92g net carbs, 33g fat



Raisins
1/2 cup- 275 cals



Edamame & beet salad
342 cals



Roasted peanuts
1/4 cup(s)- 230 cals

Dinner

875 cals, 58g protein, 49g net carbs, 43g fat



Baked tofu
20 oz- 566 cals



Sweet potato medallions
1 sweet potato- 309 cals

Day 4

2812 cals ● 240g protein (34%) ● 95g fat (30%) ● 192g carbs (27%) ● 57g fiber (8%)

Breakfast

410 cals, 26g protein, 43g net carbs, 13g fat



Small toasted bagel with vegan cream cheese
1 bagel(s)- 261 cals



Vegan breakfast sausage links
4 links- 150 cals

Snacks

300 cals, 6g protein, 29g net carbs, 15g fat



Blueberries
1 cup(s)- 95 cals



Kale chips
206 cals

Lunch

845 cals, 65g protein, 68g net carbs, 22g fat



Bbq tempeh lettuce wrap
10 lettuce wrap(s)- 823 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Dinner

875 cals, 58g protein, 49g net carbs, 43g fat



Baked tofu
20 oz- 566 cals



Sweet potato medallions
1 sweet potato- 309 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Day 5

2866 cals ● 260g protein (36%) ● 118g fat (37%) ● 145g carbs (20%) ● 47g fiber (7%)

Breakfast

410 cals, 26g protein, 43g net carbs, 13g fat



Small toasted bagel with vegan cream cheese
1 bagel(s)- 261 cals



Vegan breakfast sausage links
4 links- 150 cals

Snacks

340 cals, 30g protein, 5g net carbs, 21g fat



Walnuts
1/4 cup(s)- 175 cals



Double chocolate almond milk protein shake
167 cals

Lunch

805 cals, 72g protein, 57g net carbs, 25g fat



Vegan sausage
2 sausage(s)- 536 cals



Lima beans
270 cals

Dinner

925 cals, 47g protein, 37g net carbs, 57g fat



Sesame peanut zoodles
735 cals



Soy milk
2 1/4 cup(s)- 191 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Day 6

2892 cals ● 192g protein (26%) ● 136g fat (42%) ● 170g carbs (23%) ● 54g fiber (7%)

Breakfast

455 cals, 18g protein, 35g net carbs, 22g fat



Soy milk

1 3/4 cup(s)- 148 cals



Sweet potato breakfast bowl

308 cals

Snacks

340 cals, 30g protein, 5g net carbs, 21g fat



Walnuts

1/4 cup(s)- 175 cals



Double chocolate almond milk protein shake

167 cals

Lunch

850 cals, 27g protein, 63g net carbs, 45g fat



Roasted cashews

1/4 cup(s)- 209 cals



Lemony chickpea & zucchini bowl

641 cals

Dinner

865 cals, 31g protein, 64g net carbs, 47g fat



Mixed nuts

1/3 cup(s)- 290 cals



Ginger coconut chickpea soup

457 cals



Pita bread

1 1/2 pita bread(s)- 117 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Day 7

2892 cals ● 192g protein (26%) ● 136g fat (42%) ● 170g carbs (23%) ● 54g fiber (7%)

Breakfast

455 cals, 18g protein, 35g net carbs, 22g fat



Soy milk

1 3/4 cup(s)- 148 cals



Sweet potato breakfast bowl

308 cals

Snacks

340 cals, 30g protein, 5g net carbs, 21g fat



Walnuts

1/4 cup(s)- 175 cals



Double chocolate almond milk protein shake

167 cals

Lunch

850 cals, 27g protein, 63g net carbs, 45g fat



Roasted cashews

1/4 cup(s)- 209 cals



Lemony chickpea & zucchini bowl

641 cals

Dinner

865 cals, 31g protein, 64g net carbs, 47g fat



Mixed nuts

1/3 cup(s)- 290 cals



Ginger coconut chickpea soup

457 cals



Pita bread

1 1/2 pita bread(s)- 117 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Grocery List



Beverages

- protein powder
26 scoop (1/3 cup ea) (806g)
- water
29 3/4 cup(s) (7051mL)
- almond milk, unsweetened
3 cup (751mL)

Nut and Seed Products

- pecans
3/4 cup, halves (74g)
- sunflower kernels
1 1/2 oz (46g)
- sesame seeds
1 oz (26g)
- chia seeds
1 1/4 tsp (6g)
- walnuts
1/4 lbs (104g)
- almond butter
1 tbsp (16g)
- mixed nuts
2/3 cup (89g)
- coconut milk, canned
1/3 can (149mL)
- roasted cashews
1/2 cup (69g)

Other

- almond yogurt, flavored
3 container (450g)
- coleslaw mix
6 3/4 cup (608g)
- guacamole, store-bought
1/3 cup (82g)
- vegan ranch
3 tbsp (46mL)
- mixed greens
2 cup (60g)
- dairy-free cream cheese
3 tbsp (45g)
- vegan breakfast sausage links
8 links (180g)
- soy milk, unsweetened
5 3/4 cup(s) (mL)
- protein powder, chocolate
3 scoop (1/3 cup ea) (93g)
- vegan sausage
2 sausage (200g)

Vegetables and Vegetable Products

- sweet potatoes
4 1/3 sweetpotato, 5" long (910g)
- onion
4 medium (2-1/2" dia) (435g)
- bell pepper
2 1/2 large (415g)
- garlic
6 clove(s) (17g)
- tomatoes
23 1/2 cherry tomatoes (400g)
- zucchini
4 3/4 large (1540g)
- lima beans, frozen
1 3/4 package (10 oz) (497g)
- fresh ginger
3 slices (1" dia) (6g)
- edamame, frozen, shelled
1 cup (118g)
- beets, precooked (canned or refrigerated)
4 beet(s) (200g)
- kale leaves
2 bunch (340g)
- romaine lettuce
10 leaf inner (60g)
- green onions
2 1/2 tbsp, sliced (20g)
- fresh parsley
15 sprigs (15g)

Soups, Sauces, and Gravies

- hot sauce
1/2 tbsp (8mL)
- Frank's Red Hot sauce
3 tbsp (46mL)
- barbecue sauce
5 tbsp (85g)

Fruits and Fruit Juices

- lemon juice
2/3 cup (169mL)
- avocados
1 3/4 avocado(s) (352g)
- raisins
1/2 cup, packed (83g)
- blueberries
2 1/2 cup (370g)
- lime juice
1 1/4 tbsp (19mL)

- italian seasoning**
1/4 tbsp (3g)

Legumes and Legume Products

- tempeh**
1 3/4 lbs (794g)
- roasted peanuts**
3/4 cup (106g)
- soy sauce**
14 1/4 oz (338mL)
- extra firm tofu**
2 1/2 lbs (1134g)
- peanut butter**
5 tbsp (80g)
- chickpeas, canned**
2 can(s) (821g)
- lentils, raw**
1/2 cup (96g)

Fats and Oils

- oil**
5 oz (154mL)
- olive oil**
3 tbsp (43mL)
- balsamic vinaigrette**
2 tbsp (30mL)

Spices and Herbs

- salt**
3 1/2 tsp (21g)
- black pepper**
1/4 tbsp, ground (2g)
- fresh basil**
1 3/4 cup leaves, whole (42g)
- vanilla extract**
1/2 tsp (3mL)
- cinnamon**
2 dash (1g)
- curry powder**
2 tsp (4g)
- turmeric, ground**
1 1/2 dash (0g)
- basil, dried**
1/4 tbsp, leaves (1g)

Baked Products

- bagel**
2 small bagel (3" dia) (138g)
- pita bread**
3 pita, small (4" dia) (84g)

Sweets

- cocoa powder**
1 tbsp (5g)
- maple syrup**
1 tbsp (15mL)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

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.

Almond yogurt

1 container(s) - 191 cals ● 5g protein ● 11g fat ● 15g carbs ● 3g fiber



For single meal:

almond yogurt, flavored
1 container (150g)

For all 3 meals:

almond yogurt, flavored
3 container (450g)

1. The recipe has no instructions.

Protein shake (almond milk)

105 cals ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

almond milk, unsweetened
1/2 cup (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

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

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

Breakfast 2 ↗

Eat on day 4 and day 5

Small toasted bagel with vegan cream cheese

1 bagel(s) - 261 cals ● 8g protein ● 7g fat ● 39g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

bagel
2 small bagel (3" dia) (138g)
dairy-free cream cheese
3 tbsp (45g)

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

Vegan breakfast sausage links

4 links - 150 cals ● 18g protein ● 6g fat ● 4g carbs ● 2g fiber



For single meal:

vegan breakfast sausage links
4 links (90g)

For all 2 meals:

vegan breakfast sausage links
8 links (180g)

1. Cook links according to package instructions.
Serve.

Breakfast 3 ↗

Eat on day 6 and day 7

Soy milk

1 3/4 cup(s) - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

soy milk, unsweetened
1 3/4 cup(s) (mL)

For all 2 meals:

soy milk, unsweetened
3 1/2 cup(s) (mL)

1. The recipe has no instructions.

Sweet potato breakfast bowl

308 cals ● 6g protein ● 15g fat ● 31g carbs ● 6g fiber



For single meal:

sweet potatoes
1/2 sweetpotato, 5" long (105g)
almond milk, unsweetened
1 tbsp (15mL)
vanilla extract
1/4 tsp (1mL)
almond butter
1/2 tbsp (8g)
maple syrup
1/2 tbsp (8mL)
cinnamon
1 dash (0g)
walnuts
2 tbsp, chopped (15g)
blueberries
4 tbsp (37g)

For all 2 meals:

sweet potatoes
1 sweetpotato, 5" long (210g)
almond milk, unsweetened
2 tbsp (30mL)
vanilla extract
1/2 tsp (3mL)
almond butter
1 tbsp (16g)
maple syrup
1 tbsp (15mL)
cinnamon
2 dash (1g)
walnuts
4 tbsp, chopped (29g)
blueberries
1/2 cup (74g)

1. Pierce sweet potato(es) with a fork a couple times and microwave them for 5-8 minutes, rotating halfway through. Microwave times can vary, but cook until soft throughout.
2. (Oven alternative: Preheat oven to 400F (200C). Bake sweet potatoes for 45-60 minutes or until soft)
3. When they are done, let them cool until able to be handled. Scoop out the flesh and add to a bowl. Discard the skins.
4. Add almond milk, vanilla, cinnamon, and maple syrup to bowl and mash with a fork (or use a beater) until well combined.
5. Top with chopped walnuts and blueberries then drizzle the almond butter over the top. Serve.
6. Meal Prep Note: Keep leftover sweet potato mash in airtight container in fridge. Reheat in microwave and sprinkle on toppings before serving.

Lunch 1 ↗

Eat on day 1

Roasted peanuts

1/3 cup(s) - 288 cals ● 11g protein ● 23g fat ● 6g carbs ● 4g fiber

Makes 1/3 cup(s)

roasted peanuts

5 tbsp (46g)



1. The recipe has no instructions.

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.

Lunch 2 ↗

Eat on day 2

Roasted peanuts

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



Makes 1/6 cup(s)

roasted peanuts
2 2/3 tbsp (24g)

1. The recipe has no instructions.

Zoodles with avocado sauce

824 cals ● 18g protein ● 54g fat ● 31g carbs ● 34g fiber



water
5/8 cup(s) (138mL)
lemon juice
1/3 cup (79mL)
fresh basil
1 3/4 cup leaves, whole (42g)
tomatoes, halved
17 1/2 cherry tomatoes (298g)
zucchini
1 3/4 large (565g)
avocados, peeled and seed removed
1 3/4 avocado(s) (352g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

Lunch 3 ↗

Eat on day 3

Raisins

1/2 cup - 275 cals ● 3g protein ● 0g fat ● 62g carbs ● 3g fiber



Makes 1/2 cup

raisins
1/2 cup, packed (83g)

1. The recipe has no instructions.

Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



mixed greens
2 cup (60g)
balsamic vinaigrette
2 tbsp (30mL)
edamame, frozen, shelled
1 cup (118g)
beets, precooked (canned or refrigerated), chopped
4 beet(s) (200g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber

Makes 1/4 cup(s)

roasted peanuts
4 tbsp (37g)



1. The recipe has no instructions.

Lunch 4 ↗

Eat on day 4

Bbq tempeh lettuce wrap

10 lettuce wrap(s) - 823 cals ● 64g protein ● 22g fat ● 65g carbs ● 29g fiber



Makes 10 lettuce wrap(s)

oil
1 1/4 tsp (6mL)
coleslaw mix
2 1/2 cup (225g)
barbecue sauce
5 tbsp (85g)
romaine lettuce
10 leaf inner (60g)
tempeh, cubed
10 oz (284g)
bell pepper, deseeded and sliced
1 1/4 small (93g)

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.

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



Makes 6 cherry tomatoes

tomatoes

6 cherry tomatoes (102g)

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

Lunch 5 ↗

Eat on day 5

Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

vegan sausage

2 sausage (200g)

1. Prepare according to package instructions.
2. Serve.

Lima beans

270 cals ● 16g protein ● 1g fat ● 36g carbs ● 14g fiber



black pepper

1/4 tsp, ground (1g)

salt

1/2 tsp (3g)

lima beans, frozen

7/8 package (10 oz) (249g)

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

Lunch 6 ↗

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.

Lemony chickpea & zucchini bowl

641 cals ● 22g protein ● 29g fat ● 53g carbs ● 21g fiber



For single meal:

lemon juice
3 tbsp (45mL)
basil, dried
3 dash, leaves (0g)
oil
1 1/2 tbsp (23mL)
italian seasoning
3 dash (1g)
onion, thinly sliced
1 1/2 medium (2-1/2" dia) (165g)
fresh parsley, chopped
7 1/2 sprigs (8g)
zucchini, sliced into rounds
3/4 large (242g)
garlic, minced
1 1/2 clove(s) (5g)
chickpeas, canned, rinsed and drained
3/4 can(s) (336g)

For all 2 meals:

lemon juice
6 tbsp (90mL)
basil, dried
1/4 tbsp, leaves (1g)
oil
3 tbsp (45mL)
italian seasoning
1/4 tbsp (3g)
onion, thinly sliced
3 medium (2-1/2" dia) (330g)
fresh parsley, chopped
15 sprigs (15g)
zucchini, sliced into rounds
1 1/2 large (485g)
garlic, minced
3 clove(s) (9g)
chickpeas, canned, rinsed and drained
1 1/2 can(s) (672g)

1. In a large skillet over medium heat, fry the zucchini rounds in half of the oil until they are soft and golden. Remove from skillet and set aside.
2. Add remaining oil to the skillet and add in the onion, garlic, italian seasoning and basil and cook until onions have softened.
3. Add chickpeas and cook until heated through, about 4 minutes.
4. Add lemon juice, half of the parsley, and season with salt and pepper to taste. Cook until the lemon juice has reduced a little.
5. Transfer to a bowl and top with zucchini and the rest of the fresh parsley. Serve.

Snacks 1 ↗

Eat on day 1 and day 2

Pepper strips and guacamole

100 cals ● 2g protein ● 7g fat ● 4g carbs ● 4g fiber



For single meal:

guacamole, store-bought
2 2/3 tbsp (41g)
bell pepper, sliced
2/3 medium (79g)

For all 2 meals:

guacamole, store-bought
1/3 cup (82g)
bell pepper, sliced
1 1/3 medium (159g)

1. Slice the peppers into strips and remove the seeds.
2. Spread the guacamole mixture over the sliced peppers or just use them to dip into it.

Sunflower seeds

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



For single meal:

sunflower kernels
1/2 oz (14g)

For all 2 meals:

sunflower kernels
1 oz (28g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3 and day 4

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.

Kale chips

206 cals ● 5g protein ● 14g fat ● 11g carbs ● 3g fiber



For single meal:

salt
1 tsp (6g)
kale leaves
1 bunch (170g)
olive oil
1 tbsp (15mL)

For all 2 meals:

salt
2 tsp (12g)
kale leaves
2 bunch (340g)
olive oil
2 tbsp (30mL)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts
4 tbsp, shelled (25g)

For all 3 meals:

walnuts
3/4 cup, shelled (75g)

1. The recipe has no instructions.

Double chocolate almond milk protein shake

167 cals ● 27g protein ● 5g fat ● 3g carbs ● 2g fiber



For single meal:

water
1 cup(s) (237mL)
almond milk, unsweetened
1/2 cup (120mL)
cocoa powder
1 tsp (2g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

water
3 cup(s) (711mL)
almond milk, unsweetened
1 1/2 cup (360mL)
cocoa powder
1 tbsp (5g)
protein powder, chocolate
3 scoop (1/3 cup ea) (93g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Dinner 1 ↗

Eat on day 1

Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

tempeh
6 oz (170g)
oil
1 tbsp (15mL)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

Sweet potato wedges

347 cals ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



oil
1 tbsp (15mL)
salt
1/4 tbsp (4g)
black pepper
1/3 tsp, ground (1g)
sweet potatoes, cut into wedges
1 1/3 sweetpotato, 5" long (280g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Sauteed peppers and onions

125 cals ● 2g protein ● 7g fat ● 9g carbs ● 4g fiber



oil
1/2 tbsp (8mL)
onion, sliced
1/2 medium (2-1/2" dia) (55g)
bell pepper, sliced into strips
1 large (164g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Dinner 2 ↗

Eat on day 2

Buffalo tempeh with vegan ranch

589 cals ● 36g protein ● 38g fat ● 14g carbs ● 12g fiber



oil
3/4 tbsp (11mL)
Frank's Red Hot sauce
3 tbsp (45mL)
tempeh, roughly chopped
6 oz (170g)
vegan ranch
3 tbsp (45mL)

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.

Olive oil drizzled lima beans

377 cals ● 16g protein ● 13g fat ● 36g carbs ● 14g fiber



black pepper
1/4 tsp, ground (1g)
salt
1/2 tsp (3g)
lima beans, frozen
7/8 package (10 oz) (249g)
olive oil
2 1/2 tsp (13mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

Dinner 3 ↗

Eat on day 3 and day 4

Baked tofu

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



For single meal:

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)

For all 2 meals:

soy sauce
1 1/4 cup (300mL)
sesame seeds
2 1/2 tbsp (23g)
extra firm tofu
2 1/2 lbs (1134g)
fresh ginger, peeled and grated
2 1/2 slices (1" dia) (6g)

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.

Sweet potato medallions

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



For single meal:

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

For all 2 meals:

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

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

Dinner 4 ↗

Eat on day 5

Sesame peanut zoodles

735 cals ● 31g protein ● 47g fat ● 33g carbs ● 16g fiber



coleslaw mix
1 1/4 cup (113g)
peanut butter
5 tbsp (80g)
soy sauce
2 1/2 tbsp (38mL)
sesame seeds
1 1/4 tsp (4g)
green onions
2 1/2 tbsp, sliced (20g)
lime juice
1 1/4 tbsp (19mL)
chia seeds
1 1/4 tsp (6g)
zucchini, spiralized
2 1/2 medium (490g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

Soy milk

2 1/4 cup(s) - 191 cals ● 16g protein ● 10g fat ● 5g carbs ● 5g fiber



Makes 2 1/4 cup(s)
soy milk, unsweetened
2 1/4 cup(s) (mL)

1. The recipe has no instructions.

Dinner 5 ↗

Eat on day 6 and day 7

Mixed nuts

1/3 cup(s) - 290 cals ● 9g protein ● 24g fat ● 6g carbs ● 3g fiber



For single meal:

mixed nuts
1/3 cup (45g)

For all 2 meals:

mixed nuts
2/3 cup (89g)

1. The recipe has no instructions.

Ginger coconut chickpea soup

457 cals ● 18g protein ● 22g fat ● 37g carbs ● 10g fiber



For single meal:

oil
1 tsp (5mL)
water
5/6 cup(s) (198mL)
coconut milk, canned
1/6 can (75mL)
curry powder
1 tsp (2g)
turmeric, ground
2/3 dash (0g)
fresh ginger, diced
1/6 slices (1" dia) (0g)
onion, diced
1/6 large (25g)
garlic, diced
2/3 clove(s) (2g)
chickpeas, canned, drained
1/6 can(s) (75g)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:

oil
2 tsp (10mL)
water
1 2/3 cup(s) (395mL)
coconut milk, canned
1/3 can (150mL)
curry powder
2 tsp (4g)
turmeric, ground
1 1/3 dash (0g)
fresh ginger, diced
1/3 slices (1" dia) (1g)
onion, diced
1/3 large (50g)
garlic, diced
1 1/3 clove(s) (4g)
chickpeas, canned, drained
1/3 can(s) (149g)
lentils, raw, rinsed
1/2 cup (96g)

1. Heat oil large saucepan over medium heat and add onions, garlic, and ginger. Stir frequently and cook for about 7 minutes.
2. Add in curry powder and turmeric and cook 1 minute, stirring constantly.
3. Add chickpeas, coconut milk, lentils and water. Stir, bring to a simmer, reduce heat, and simmer for about 30 minutes. Season with salt/pepper to taste and serve.

Pita bread

1 1/2 pita bread(s) - 117 cals ● 4g protein ● 1g fat ● 21g carbs ● 3g fiber



For single meal:

pita bread

1 1/2 pita, small (4" dia) (42g)

For all 2 meals:

pita bread

3 pita, small (4" dia) (84g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Protein Supplement(s)

Eat every day

Protein shake

3 1/2 scoop - 382 cals ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

protein powder

3 1/2 scoop (1/3 cup ea) (109g)

water

3 1/2 cup(s) (830mL)

For all 7 meals:

protein powder

24 1/2 scoop (1/3 cup ea) (760g)

water

24 1/2 cup(s) (5807mL)

1. The recipe has no instructions.