

# Meal Plan - 3000 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

2980 cals ● 230g protein (31%) ● 147g fat (44%) ● 124g carbs (17%) ● 61g fiber (8%)

### Breakfast

140 cals, 3g protein, 18g net carbs, 5g fat



[Small granola bar](#)  
1 bar(s)- 119 cals



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals

### Snacks

325 cals, 10g protein, 14g net carbs, 23g fat



[Mixed nuts](#)  
1/3 cup(s)- 272 cals



[Carrot sticks](#)  
2 carrot(s)- 54 cals

### Protein Supplement(s)

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



[Protein shake](#)  
3 1/2 scoop- 382 cals

### Lunch

1040 cals, 65g protein, 50g net carbs, 54g fat



[Roasted carrots](#)  
3 carrots(s)- 158 cals



[Simple kale & avocado salad](#)  
345 cals



[Vegan sausage](#)  
2 sausage(s)- 536 cals

### Dinner

1095 cals, 68g protein, 39g net carbs, 62g fat



[Simple mixed greens salad](#)  
68 cals



[Carrot & grounds stir fry](#)  
664 cals



[Sunflower seeds](#)  
361 cals

## Day 2

3023 cals ● 252g protein (33%) ● 149g fat (44%) ● 121g carbs (16%) ● 47g fiber (6%)

### Breakfast

140 cals, 3g protein, 18g net carbs, 5g fat



**Small granola bar**  
1 bar(s)- 119 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Snacks

325 cals, 10g protein, 14g net carbs, 23g fat



**Mixed nuts**  
1/3 cup(s)- 272 cals



**Carrot sticks**  
2 carrot(s)- 54 cals

### Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

1085 cals, 87g protein, 47g net carbs, 57g fat



**Vegan bangers and cauliflower mash**  
3 sausage link(s)- 1083 cals

### Dinner

1095 cals, 68g protein, 39g net carbs, 62g fat



**Simple mixed greens salad**  
68 cals



**Carrot & grounds stir fry**  
664 cals



**Sunflower seeds**  
361 cals

## Day 3

2968 cals ● 205g protein (28%) ● 129g fat (39%) ● 177g carbs (24%) ● 69g fiber (9%)

### Breakfast

485 cals, 11g protein, 25g net carbs, 32g fat



**Carrot sticks**  
2 1/2 carrot(s)- 68 cals



**Avocado**  
176 cals



**Rice cakes with peanut butter**  
1 cake(s)- 240 cals

### Snacks

295 cals, 18g protein, 13g net carbs, 15g fat



**Bell pepper strips and hummus**  
170 cals



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

### Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

930 cals, 32g protein, 101g net carbs, 36g fat



**Veggie burger with 'cheese'**  
2 burger- 679 cals



**Roasted broccoli with nutritional yeast**  
2 1/3 cup(s)- 251 cals

### Dinner

875 cals, 59g protein, 35g net carbs, 45g fat



**Chik'n satay with peanut sauce**  
5 skewers- 583 cals



**Simple salad with tomatoes and carrots**  
294 cals

## Day 4

2968 cals ● 205g protein (28%) ● 129g fat (39%) ● 177g carbs (24%) ● 69g fiber (9%)

### Breakfast

485 cals, 11g protein, 25g net carbs, 32g fat



#### Carrot sticks

2 1/2 carrot(s)- 68 cals



#### Avocado

176 cals



#### Rice cakes with peanut butter

1 cake(s)- 240 cals

### Snacks

295 cals, 18g protein, 13g net carbs, 15g fat



#### Bell pepper strips and hummus

170 cals



#### Soy milk

1 1/2 cup(s)- 127 cals

### Protein Supplement(s)

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



#### Protein shake

3 1/2 scoop- 382 cals

### Lunch

930 cals, 32g protein, 101g net carbs, 36g fat



#### Veggie burger with 'cheese'

2 burger- 679 cals



#### Roasted broccoli with nutritional yeast

2 1/3 cup(s)- 251 cals

### Dinner

875 cals, 59g protein, 35g net carbs, 45g fat



#### Chik'n satay with peanut sauce

5 skewers- 583 cals



#### Simple salad with tomatoes and carrots

294 cals

## Day 5

2969 cals ● 206g protein (28%) ● 154g fat (47%) ● 151g carbs (20%) ● 38g fiber (5%)

### Breakfast

475 cals, 19g protein, 60g net carbs, 16g fat



**Soy milk**

1 cup(s)- 85 cals



**Small toasted bagel with vegan cream cheese**

1 1/2 bagel(s)- 391 cals

### Snacks

320 cals, 12g protein, 13g net carbs, 22g fat



**Walnut almond trail mix**

1/8 cup(s)- 108 cals



**Pumpkin seeds**

183 cals



**Carrot sticks**

1 carrot(s)- 27 cals

### Protein Supplement(s)

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



**Protein shake**

3 1/2 scoop- 382 cals

### Lunch

900 cals, 47g protein, 56g net carbs, 47g fat



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

2 can(s)- 494 cals



**Walnuts**

1/4 cup(s)- 175 cals



**Bali bowl with tofu & peanut sauce**

229 cals

### Dinner

895 cals, 43g protein, 19g net carbs, 68g fat



**Walnut crusted tofu (vegan)**

853 cals



**Broccoli**

1 1/2 cup(s)- 44 cals

## Day 6

3021 cals ● 225g protein (30%) ● 140g fat (42%) ● 170g carbs (22%) ● 45g fiber (6%)

### Breakfast

475 cals, 19g protein, 60g net carbs, 16g fat



**Soy milk**

1 cup(s)- 85 cals



**Small toasted bagel with vegan cream cheese**

1 1/2 bagel(s)- 391 cals

### Snacks

320 cals, 12g protein, 13g net carbs, 22g fat



**Walnut almond trail mix**

1/8 cup(s)- 108 cals



**Pumpkin seeds**

183 cals



**Carrot sticks**

1 carrot(s)- 27 cals

### Protein Supplement(s)

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



**Protein shake**

3 1/2 scoop- 382 cals

### Lunch

900 cals, 47g protein, 56g net carbs, 47g fat



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

2 can(s)- 494 cals



**Walnuts**

1/4 cup(s)- 175 cals



**Bali bowl with tofu & peanut sauce**

229 cals

### Dinner

950 cals, 63g protein, 37g net carbs, 54g fat



**Roasted peanuts**

1/4 cup(s)- 230 cals



**Seitan salad**

718 cals

## Day 7

3005 cals ● 218g protein (29%) ● 136g fat (41%) ● 178g carbs (24%) ● 49g fiber (7%)

### Breakfast

475 cals, 19g protein, 60g net carbs, 16g fat



**Soy milk**

1 cup(s)- 85 cals



**Small toasted bagel with vegan cream cheese**

1 1/2 bagel(s)- 391 cals

### Snacks

320 cals, 12g protein, 13g net carbs, 22g fat



**Walnut almond trail mix**

1/8 cup(s)- 108 cals



**Pumpkin seeds**

183 cals



**Carrot sticks**

1 carrot(s)- 27 cals

### Protein Supplement(s)

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



**Protein shake**

3 1/2 scoop- 382 cals

### Lunch

880 cals, 40g protein, 64g net carbs, 43g fat



**Pecans**

1/4 cup- 183 cals



**Tempeh bacon & avocado bagel sandwich**

1 bagel(s)- 698 cals

### Dinner

950 cals, 63g protein, 37g net carbs, 54g fat



**Roasted peanuts**

1/4 cup(s)- 230 cals



**Seitan salad**

718 cals

# Grocery List



## Beverages

- ☐ protein powder  
24 1/2 scoop (1/3 cup ea) (760g)
- ☐ water  
1 1/2 gallon (5914mL)

## Snacks

- ☐ small granola bar  
2 bar (50g)
- ☐ rice cakes, any flavor  
2 cakes (18g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
8 medium whole (2-3/5" dia) (981g)
- ☐ carrots  
23 1/3 medium (1423g)
- ☐ garlic  
5 2/3 clove(s) (17g)
- ☐ onion  
2 3/4 medium (2-1/2" dia) (305g)
- ☐ fresh cilantro  
4 tbsp, chopped (12g)
- ☐ kale leaves  
1/3 lbs (148g)
- ☐ fresh ginger  
1 2/3 inch (2.5cm) cube (8g)
- ☐ romaine lettuce  
3 hearts (1500g)
- ☐ ketchup  
4 tbsp (68g)
- ☐ broccoli  
4 2/3 cup chopped (425g)
- ☐ bell pepper  
2 medium (238g)
- ☐ frozen broccoli  
1 1/2 cup (137g)
- ☐ sweet potatoes  
1/4 sweetpotato, 5" long (53g)
- ☐ fresh spinach  
8 cup(s) (240g)

## Other

- ☐ mixed greens  
1 1/3 package (5.5 oz) (203g)
- ☐ vegan sausage  
5 sausage (500g)

## Legumes and Legume Products

- ☐ vegetarian burger crumbles  
1 lbs (454g)
- ☐ soy sauce  
1/4 cup (68mL)
- ☐ peanut butter  
1/3 lbs (133g)
- ☐ hummus  
2/3 cup (162g)
- ☐ firm tofu  
15 1/2 oz (439g)
- ☐ roasted peanuts  
1/2 cup (73g)
- ☐ tempeh  
4 oz (113g)

## Spices and Herbs

- ☐ crushed red pepper  
1/4 tbsp (1g)
- ☐ dijon mustard  
1 1/2 tbsp (23g)
- ☐ ground ginger  
1/2 dash (0g)
- ☐ ground cumin  
1 dash (0g)
- ☐ onion powder  
1 dash (0g)

## Fruits and Fruit Juices

- ☐ lime juice  
2 fl oz (58mL)
- ☐ avocados  
3 1/2 avocado(s) (704g)
- ☐ lemon  
3/4 small (44g)
- ☐ lemon juice  
2 1/2 tsp (13mL)
- ☐ raisins  
1 tbsp (not packed) (9g)

## Nut and Seed Products

- ☐ sunflower kernels  
4 oz (113g)
- ☐ mixed nuts  
10 tbsp (84g)
- ☐ walnuts  
1/4 lbs (123g)

- ☐ **frozen cauliflower**  
2 1/4 cup (255g)
- ☐ **sesame oil**  
2 2/3 tbsp (40mL)
- ☐ **vegan chik'n strips**  
13 1/3 oz (378g)
- ☐ **skewer(s)**  
10 skewer(s) (10g)
- ☐ **veggie burger patty**  
4 patty (284g)
- ☐ **vegan cheese, sliced**  
4 slice(s) (80g)
- ☐ **nutritional yeast**  
1/2 oz (14g)
- ☐ **soy milk, unsweetened**  
6 cup(s) (mL)
- ☐ **dairy-free cream cheese**  
6 3/4 tbsp (101g)
- ☐ **chocolate chips**  
1 tbsp (14g)

### **Fats and Oils**

- ☐ **salad dressing**  
3/4 cup (173mL)
  - ☐ **oil**  
4 oz (127mL)
  - ☐ **vegan mayonnaise**  
3 tbsp (45g)
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- ☐ **almonds**  
2 tbsp, whole (18g)
- ☐ **roasted pumpkin seeds, unsalted**  
3/4 cup (89g)
- ☐ **pecans**  
4 tbsp, halves (25g)

### **Baked Products**

- ☐ **hamburger buns**  
4 bun(s) (204g)
- ☐ **bagel**  
4 medium bagel (3-1/2" to 4" dia) (416g)

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

- ☐ **chunky canned soup (non-creamy varieties)**  
4 can (~19 oz) (2104g)

### **Cereal Grains and Pasta**

- ☐ **seitan**  
3/4 lbs (340g)



## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Small granola bar

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



For single meal:

**small granola bar**  
1 bar (25g)

For all 2 meals:

**small granola bar**  
2 bar (50g)

1. The recipe has no instructions.

### Cherry tomatoes

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



For single meal:

**tomatoes**  
6 cherry tomatoes (102g)

For all 2 meals:

**tomatoes**  
12 cherry tomatoes (204g)

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

## Breakfast 2 [↗](#)

Eat on day 3 and day 4

### Carrot sticks

2 1/2 carrot(s) - 68 cals ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:

**carrots**  
2 1/2 medium (153g)

For all 2 meals:

**carrots**  
5 medium (305g)

1. Cut carrots into strips and serve.

### 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.

### Rice cakes with peanut butter

1 cake(s) - 240 cals ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

**peanut butter**  
4 tbsp (64g)  
**rice cakes, any flavor**  
2 cakes (18g)

1. Spread peanut butter over top of rice cake.

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## Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

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### Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



For single meal:

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

For all 3 meals:

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

1. The recipe has no instructions.
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### Small toasted bagel with vegan cream cheese

1 1/2 bagel(s) - 391 cals ● 12g protein ● 11g fat ● 58g carbs ● 2g fiber



For single meal:

**bagel**  
1 1/2 small bagel (3" dia) (104g)  
**dairy-free cream cheese**  
2 1/4 tbsp (34g)

For all 3 meals:

**bagel**  
4 1/2 small bagel (3" dia) (311g)  
**dairy-free cream cheese**  
6 3/4 tbsp (101g)

1. Toast the bagel to desired toastiness.
  2. Spread the cream cheese.
  3. Enjoy.
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## Lunch 1 [↗](#)

Eat on day 1

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### Roasted carrots

3 carrots(s) - 158 cals ● 2g protein ● 8g fat ● 15g carbs ● 6g fiber



Makes 3 carrots(s)

#### oil

1/2 tbsp (8mL)

#### carrots, sliced

3 large (216g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

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### Simple kale & avocado salad

345 cals ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



#### kale leaves, chopped

3/4 bunch (128g)

#### avocados, chopped

3/4 avocado(s) (151g)

#### lemon, juiced

3/4 small (44g)

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



Makes 2 sausage(s)

#### vegan sausage

2 sausage (200g)

1. Prepare according to package instructions.
  2. Serve.
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## Lunch 2 [↗](#)

Eat on day 2

### Vegan bangers and cauliflower mash

3 sausage link(s) - 1083 cals ● 87g protein ● 57g fat ● 47g carbs ● 8g fiber



Makes 3 sausage link(s)

**frozen cauliflower**

2 1/4 cup (255g)

**oil**

1 1/2 tbsp (23mL)

**vegan sausage**

3 sausage (300g)

**onion, thinly sliced**

1 1/2 small (105g)

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.

## Lunch 3 [↗](#)

Eat on day 3 and day 4

### Veggie burger with 'cheese'

2 burger - 679 cals ● 24g protein ● 19g fat ● 92g carbs ● 11g fiber



For single meal:

**veggie burger patty**

2 patty (142g)

**mixed greens**

2 oz (57g)

**ketchup**

2 tbsp (34g)

**hamburger buns**

2 bun(s) (102g)

**vegan cheese, sliced**

2 slice(s) (40g)

For all 2 meals:

**veggie burger patty**

4 patty (284g)

**mixed greens**

4 oz (113g)

**ketchup**

4 tbsp (68g)

**hamburger buns**

4 bun(s) (204g)

**vegan cheese, sliced**

4 slice(s) (80g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with vegan cheese, greens, and ketchup. Feel free to add other low-calorie toppings like mustard or pickles.

### Roasted broccoli with nutritional yeast

2 1/3 cup(s) - 251 cals ● 8g protein ● 17g fat ● 9g carbs ● 7g fiber





For single meal:

**broccoli**  
2 1/3 cup chopped (212g)  
**oil**  
3 1/2 tsp (17mL)  
**nutritional yeast**  
3 1/2 tsp (4g)

For all 2 meals:

**broccoli**  
4 2/3 cup chopped (425g)  
**oil**  
2 1/3 tbsp (35mL)  
**nutritional yeast**  
2 1/3 tbsp (9g)

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.

## Lunch 4 [🔗](#)

Eat on day 5 and day 6

### Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**  
2 can (~19 oz) (1052g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.

## 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 2 meals:

**walnuts**  
1/2 cup, shelled (50g)

1. The recipe has no instructions.

## Bali bowl with tofu & peanut sauce

229 cals ● 7g protein ● 17g fat ● 8g carbs ● 3g fiber



For single meal:

**peanut butter**  
1/2 tbsp (8g)  
**kale leaves**  
4 tbsp, chopped (10g)  
**sesame oil**  
1/2 tbsp (8mL)  
**soy sauce**  
1/4 tbsp (4mL)  
**ground ginger**  
1/4 dash (0g)  
**avocados, sliced**  
1/8 avocado(s) (25g)  
**firm tofu, cut into 2 inch cubes**  
1 3/4 oz (50g)  
**sweet potatoes, cut into 3/4 inch cubes**  
1/8 sweetpotato, 5" long (26g)

For all 2 meals:

**peanut butter**  
1 tbsp (16g)  
**kale leaves**  
1/2 cup, chopped (20g)  
**sesame oil**  
1 tbsp (15mL)  
**soy sauce**  
1/2 tbsp (8mL)  
**ground ginger**  
1/2 dash (0g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**firm tofu, cut into 2 inch cubes**  
1/4 lbs (99g)  
**sweet potatoes, cut into 3/4 inch cubes**  
1/4 sweetpotato, 5" long (53g)

1. Preheat oven to 425F (220C) and line a baking sheet with parchment paper.
2. Toss the sweet potato cubes in 1/4th of the sesame oil (reserving the rest for later) and season with salt/pepper to taste. Spread the sweet potato cubes and sliced tofu out on the baking sheet. Set aside.
3. In a small bowl, combine the peanut butter, remaining sesame oil, ginger, and soy sauce and mix until well-combined.
4. Take half of the sauce, reserving the rest for later, and generously spread it on the tops and sides of the tofu. Bake in the oven for about 25-30 minutes.
5. When sweet potatoes and tofu are done, assemble the bowls by placing the sweet potatoes, tofu, kale, and avocados on a plate and using the remaining peanut butter sauce as a dipping sauce or drizzling it over everything. Serve.

## Lunch 5 [↗](#)

Eat on day 7

### 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.

## Tempeh bacon & avocado bagel sandwich

1 bagel(s) - 698 cals ● 37g protein ● 25g fat ● 63g carbs ● 17g fiber



Makes 1 bagel(s)

**bagel**  
1 medium bagel (3-1/2" to 4" dia)  
(105g)  
**ground cumin**  
1 dash (0g)  
**oil**  
1/2 tsp (3mL)  
**onion powder**  
1 dash (0g)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**tempeh, cut into strips**  
4 oz (113g)

1. Toast bagel (optional).
2. Coat tempeh with oil and evenly coat with the spices and a dash of salt. Fry in a skillet for a few minutes until golden.
3. Layer avocado and tempeh onto the bagel and serve.

## Snacks 1 [🔗](#)

Eat on day 1 and day 2

### Mixed nuts

1/3 cup(s) - 272 cals ● 8g protein ● 23g fat ● 6g carbs ● 3g fiber



For single meal:

**mixed nuts**  
5 tbsp (42g)

For all 2 meals:

**mixed nuts**  
10 tbsp (84g)

1. The recipe has no instructions.

### Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

**carrots**  
2 medium (122g)

For all 2 meals:

**carrots**  
4 medium (244g)

1. Cut carrots into strips and serve.



## Snacks 2 [🔗](#)

Eat on day 3 and day 4

### 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)

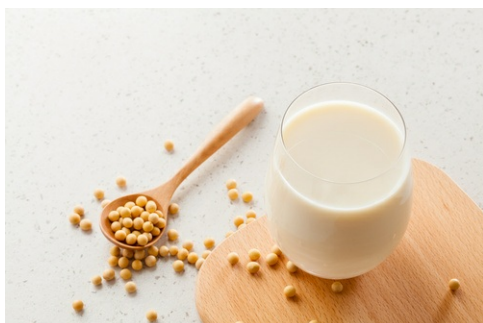
For all 2 meals:

**hummus**  
2/3 cup (162g)  
**bell pepper**  
2 medium (238g)

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

### Soy milk

1 1/2 cup(s) - 127 cals ● 11g protein ● 7g fat ● 3g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

## Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

### Walnut almond trail mix

1/8 cup(s) - 108 cals ● 2g protein ● 8g fat ● 6g carbs ● 2g fiber



For single meal:

**walnuts**  
2 tsp, chopped (5g)  
**almonds**  
2 tsp, whole (6g)  
**chocolate chips**  
1 tsp (5g)  
**raisins**  
1 tsp (not packed) (3g)

For all 3 meals:

**walnuts**  
2 tbsp, chopped (15g)  
**almonds**  
2 tbsp, whole (18g)  
**chocolate chips**  
1 tbsp (14g)  
**raisins**  
1 tbsp (not packed) (9g)

1. Mix the ingredients together. Store any leftovers in a cool area.

### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 3 meals:

**roasted pumpkin seeds, unsalted**  
3/4 cup (89g)

1. The recipe has no instructions.

### Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**carrots**  
1 medium (61g)

For all 3 meals:

**carrots**  
3 medium (183g)

1. Cut carrots into strips and serve.

## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.

### Carrot & grounds stir fry

664 cals ● 49g protein ● 29g fat ● 31g carbs ● 21g fiber



For single meal:

**carrots**  
2 2/3 large (192g)  
**vegetarian burger crumbles**  
1/2 lbs (227g)  
**soy sauce**  
2 tbsp (30mL)  
**water**  
4 tsp (20mL)  
**crushed red pepper**  
1/3 tsp (1g)  
**lime juice**  
2 tsp (10mL)  
**oil**  
4 tsp (20mL)  
**garlic, minced**  
1 1/3 clove(s) (4g)  
**onion, chopped**  
2/3 large (100g)  
**fresh cilantro, chopped**  
2 tbsp, chopped (6g)

For all 2 meals:

**carrots**  
5 1/3 large (384g)  
**vegetarian burger crumbles**  
16 oz (454g)  
**soy sauce**  
4 tbsp (60mL)  
**water**  
2 2/3 tbsp (40mL)  
**crushed red pepper**  
1/4 tbsp (1g)  
**lime juice**  
4 tsp (20mL)  
**oil**  
2 2/3 tbsp (40mL)  
**garlic, minced**  
2 2/3 clove(s) (8g)  
**onion, chopped**  
1 1/3 large (200g)  
**fresh cilantro, chopped**  
4 tbsp, chopped (12g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro,

### 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.

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## Dinner 2 [↗](#)

Eat on day 3 and day 4

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### Chik'n satay with peanut sauce

5 skewers - 583 cals ● 47g protein ● 35g fat ● 14g carbs ● 6g fiber



For single meal:  
**peanut butter**  
5 tsp (27g)  
**lime juice**  
1 1/4 tbsp (19mL)  
**sesame oil**  
2 1/2 tsp (12mL)  
**vegan chik'n strips**  
6 2/3 oz (189g)  
**skewer(s)**  
5 skewer(s) (5g)  
**fresh ginger, grated or minced**  
5/6 inch (2.5cm) cube (4g)

For all 2 meals:  
**peanut butter**  
1/4 cup (53g)  
**lime juice**  
2 1/2 tbsp (38mL)  
**sesame oil**  
5 tsp (25mL)  
**vegan chik'n strips**  
13 1/3 oz (378g)  
**skewer(s)**  
10 skewer(s) (10g)  
**fresh ginger, grated or minced**  
1 2/3 inch (2.5cm) cube (8g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over over the chik'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.

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### Simple salad with tomatoes and carrots

294 cals ● 11g protein ● 10g fat ● 21g carbs ● 19g fiber



For single meal:	For all 2 meals:
<b>salad dressing</b>	<b>salad dressing</b>
2 1/4 tbsp (34mL)	1/4 cup (68mL)
<b>carrots, sliced</b>	<b>carrots, sliced</b>
3/4 medium (46g)	1 1/2 medium (92g)
<b>romaine lettuce, roughly chopped</b>	<b>romaine lettuce, roughly chopped</b>
1 1/2 hearts (750g)	3 hearts (1500g)
<b>tomatoes, diced</b>	<b>tomatoes, diced</b>
1 1/2 medium whole (2-3/5" dia) (185g)	3 medium whole (2-3/5" dia) (369g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

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## Dinner 3 [↗](#)

Eat on day 5

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### Walnut crusted tofu (vegan)

853 cals ● 39g protein ● 68g fat ● 16g carbs ● 6g fiber





**lemon juice**  
1/2 tbsp (8mL)  
**dijon mustard**  
1 1/2 tbsp (23g)  
**vegan mayonnaise**  
3 tbsp (45g)  
**walnuts**  
1/2 cup, chopped (58g)  
**firm tofu, drained**  
3/4 lbs (340g)  
**garlic, diced**  
3 clove(s) (9g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the vegan mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

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## Broccoli

1 1/2 cup(s) - 44 cals ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

**frozen broccoli**  
1 1/2 cup (137g)

1. Prepare according to instructions on package.
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## Dinner 4 [🔗](#)

Eat on day 6 and day 7

### Roasted peanuts

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



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

### Seitan salad

718 cal● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



For single meal:

**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)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**nutritional yeast**  
4 tsp (5g)  
**salad dressing**  
4 tbsp (60mL)  
**fresh spinach**  
8 cup(s) (240g)  
**seitan, crumbled or sliced**  
3/4 lbs (340g)  
**tomatoes, halved**  
24 cherry tomatoes (408g)  
**avocados, chopped**  
1 avocado(s) (201g)

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.

# Protein Supplement(s)

Eat every day

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## Protein shake

3 1/2 scoop - 382 cal● 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.
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