

Meal Plan - 3100 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

3077 cals ● 273g protein (35%) ● 140g fat (41%) ● 135g carbs (18%) ● 45g fiber (6%)

Breakfast

520 cals, 62g protein, 9g net carbs, 24g fat



Pumpkin seeds

183 cals



Double chocolate almond milk protein shake

335 cals

Snacks

240 cals, 11g protein, 3g net carbs, 19g fat



Sunflower seeds

240 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

990 cals, 72g protein, 93g net carbs, 27g fat



Chunky canned soup (non-creamy)

4 can(s)- 988 cals

Dinner

950 cals, 43g protein, 27g net carbs, 69g fat



Walnut crusted tofu (vegan)

853 cals



Vegan buttery garlic green beans

97 cals

Day 2

3028 cals ● 237g protein (31%) ● 164g fat (49%) ● 102g carbs (14%) ● 49g fiber (6%)

Breakfast

520 cals, 62g protein, 9g net carbs, 24g fat



Pumpkin seeds

183 cals



Double chocolate almond milk protein shake

335 cals

Snacks

240 cals, 11g protein, 3g net carbs, 19g fat



Sunflower seeds

240 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

940 cals, 35g protein, 60g net carbs, 51g fat



Walnuts

1/2 cup(s)- 393 cals



Chickpea & kale soup

546 cals

Dinner

950 cals, 43g protein, 27g net carbs, 69g fat



Walnut crusted tofu (vegan)

853 cals



Vegan buttery garlic green beans

97 cals

Day 3

3063 cals ● 237g protein (31%) ● 144g fat (42%) ● 148g carbs (19%) ● 58g fiber (8%)

Breakfast

475 cals, 16g protein, 31g net carbs, 27g fat



Hummus toast

2 slice(s)- 293 cals



Pecans

1/4 cup- 183 cals

Snacks

400 cals, 16g protein, 18g net carbs, 24g fat



Bell pepper strips and hummus

213 cals



Pistachios

188 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

940 cals, 35g protein, 60g net carbs, 51g fat



Walnuts

1/2 cup(s)- 393 cals



Chickpea & kale soup

546 cals

Dinner

865 cals, 85g protein, 36g net carbs, 40g fat



Sauteed peppers and onions

63 cals



Vegan sausage

3 sausage(s)- 804 cals

Day 4

3051 cals ● 201g protein (26%) ● 137g fat (40%) ● 189g carbs (25%) ● 64g fiber (8%)

Breakfast

475 cals, 16g protein, 31g net carbs, 27g fat



Hummus toast
2 slice(s)- 293 cals



Pecans
1/4 cup- 183 cals

Snacks

400 cals, 16g protein, 18g net carbs, 24g fat



Bell pepper strips and hummus
213 cals



Pistachios
188 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

910 cals, 59g protein, 28g net carbs, 53g fat



Simple kale & avocado salad
384 cals



Baked tofu
18 2/3 oz- 528 cals

Dinner

880 cals, 25g protein, 109g net carbs, 31g fat



Curried lentils
362 cals



Baked fries
290 cals



Corn
231 cals

Day 5

2956 cals ● 219g protein (30%) ● 131g fat (40%) ● 159g carbs (22%) ● 65g fiber (9%)

Breakfast

475 cals, 16g protein, 31g net carbs, 27g fat



Hummus toast
2 slice(s)- 293 cals



Pecans
1/4 cup- 183 cals

Snacks

400 cals, 16g protein, 18g net carbs, 24g fat



Bell pepper strips and hummus
213 cals



Pistachios
188 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

910 cals, 59g protein, 28g net carbs, 53g fat



Simple kale & avocado salad
384 cals



Baked tofu
18 2/3 oz- 528 cals

Dinner

785 cals, 43g protein, 79g net carbs, 26g fat



Carrot & grounds stir fry
498 cals



Tomato cucumber salad
71 cals



White rice
1 cup rice, cooked- 218 cals

Day 6

3113 cals ● 223g protein (29%) ● 166g fat (48%) ● 120g carbs (15%) ● 61g fiber (8%)

Breakfast

520 cals, 36g protein, 12g net carbs, 33g fat



Avocado
176 cals



Peanut butter chocolate almond milk protein shake
346 cals

Snacks

355 cals, 12g protein, 19g net carbs, 19g fat



Roasted almonds
1/6 cup(s)- 148 cals



Carrots and hummus
205 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

850 cals, 21g protein, 41g net carbs, 61g fat



Lentil kale salad
292 cals



Pecans
1/2 cup- 366 cals



Almond yogurt
1 container(s)- 191 cals

Dinner

1010 cals, 69g protein, 44g net carbs, 52g fat



Tomato cucumber salad
141 cals



Peanut tempeh
8 oz tempeh- 868 cals

Day 7

3113 cals ● 223g protein (29%) ● 166g fat (48%) ● 120g carbs (15%) ● 61g fiber (8%)

Breakfast

520 cals, 36g protein, 12g net carbs, 33g fat



Avocado
176 cals



Peanut butter chocolate almond milk protein shake
346 cals

Snacks

355 cals, 12g protein, 19g net carbs, 19g fat



Roasted almonds
1/6 cup(s)- 148 cals



Carrots and hummus
205 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

850 cals, 21g protein, 41g net carbs, 61g fat



Lentil kale salad
292 cals



Pecans
1/2 cup- 366 cals



Almond yogurt
1 container(s)- 191 cals

Dinner

1010 cals, 69g protein, 44g net carbs, 52g fat



Tomato cucumber salad
141 cals



Peanut tempeh
8 oz tempeh- 868 cals

Grocery List



Beverages

- ☐ protein powder
24 1/2 scoop (1/3 cup ea) (760g)
- ☐ water
2 gallon (7488mL)
- ☐ almond milk, unsweetened
6 cup (1440mL)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ walnuts
1/2 lbs (228g)
- ☐ sunflower kernels
2 2/3 oz (76g)
- ☐ pecans
1 3/4 cup, halves (173g)
- ☐ pistachios, shelled
3/4 cup (92g)
- ☐ sesame seeds
2 1/3 tbsp (21g)
- ☐ coconut milk, canned
6 tbsp (91mL)
- ☐ almonds
2 oz (58g)

Sweets

- ☐ cocoa powder
4 tsp (7g)

Other

- ☐ protein powder, chocolate
6 scoop (1/3 cup ea) (186g)
- ☐ vegan butter
2 tbsp (28g)
- ☐ vegan sausage
3 sausage (300g)
- ☐ curry paste
1/2 tbsp (8g)
- ☐ ice cubes
1/2 cup(s) (70g)
- ☐ nutritional yeast
2 tbsp (8g)
- ☐ almond yogurt, flavored
2 container (300g)

Fruits and Fruit Juices

Legumes and Legume Products

- ☐ firm tofu
1 1/2 lbs (680g)
- ☐ chickpeas, canned
2 can(s) (896g)
- ☐ hummus
1 1/2 lbs (679g)
- ☐ soy sauce
13 2/3 oz (322mL)
- ☐ extra firm tofu
2 1/3 lbs (1058g)
- ☐ lentils, raw
10 tbsp (120g)
- ☐ vegetarian burger crumbles
6 oz (170g)
- ☐ peanut butter
5 oz (140g)
- ☐ tempeh
1 lbs (454g)

Vegetables and Vegetable Products

- ☐ garlic
15 1/2 clove(s) (47g)
- ☐ fresh green beans
1 lbs (453g)
- ☐ kale leaves
19 oz (534g)
- ☐ onion
1 medium (2-1/2" dia) (103g)
- ☐ bell pepper
3 1/4 large (528g)
- ☐ fresh ginger
2 1/3 slices (1" dia) (5g)
- ☐ potatoes
3/4 large (3" to 4-1/4" dia.) (277g)
- ☐ frozen corn kernels
1 2/3 cup (227g)
- ☐ carrots
2 large (144g)
- ☐ fresh cilantro
1 1/2 tbsp, chopped (5g)
- ☐ red onion
1 1/4 small (88g)
- ☐ cucumber
1 1/4 cucumber (8-1/4") (376g)
- ☐ tomatoes
2 1/2 medium whole (2-3/5" dia) (308g)
- ☐ baby carrots
40 medium (400g)

- ☐ lemon juice
2 1/2 fl oz (73mL)
- ☐ avocados
2 2/3 avocado(s) (536g)
- ☐ lemon
1 2/3 small (97g)
- ☐ lime juice
1/2 tbsp (8mL)

Spices and Herbs

- ☐ dijon mustard
3 tbsp (45g)
- ☐ salt
1/2 tsp (3g)
- ☐ lemon pepper
3 dash (0g)
- ☐ crushed red pepper
1 tsp (2g)
- ☐ ground cumin
1/4 tbsp (2g)

Fats and Oils

- ☐ vegan mayonnaise
6 tbsp (90g)
 - ☐ oil
2 oz (62mL)
 - ☐ salad dressing
5 tbsp (74mL)
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Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)
- ☐ vegetable broth
8 cup(s) (mL)

Baked Products

- ☐ bread
6 slice (192g)

Cereal Grains and Pasta

- ☐ long-grain white rice
1/3 cup (62g)

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Pumpkin seeds

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



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

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

1. The recipe has no instructions.

Double chocolate almond milk protein shake

335 cals ● 53g protein ● 9g fat ● 7g carbs ● 3g fiber



For single meal:

water
2 cup(s) (474mL)
almond milk, unsweetened
1 cup (240mL)
cocoa powder
2 tsp (4g)
protein powder, chocolate
2 scoop (1/3 cup ea) (62g)

For all 2 meals:

water
4 cup(s) (948mL)
almond milk, unsweetened
2 cup (480mL)
cocoa powder
4 tsp (7g)
protein powder, chocolate
4 scoop (1/3 cup ea) (124g)

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

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

bread
2 slice (64g)
hummus
5 tbsp (75g)

For all 3 meals:

bread
6 slice (192g)
hummus
1 cup (225g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

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.
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Breakfast 3 [↗](#)

Eat on day 6 and day 7

Avocado

176 cal ● 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.
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Peanut butter chocolate almond milk protein shake

346 cal ● 34g protein ● 18g fat ● 10g carbs ● 1g fiber



For single meal:

ice cubes
1/4 cup(s) (35g)
almond milk, unsweetened
2 cup (480mL)
peanut butter
1 tsp (5g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

ice cubes
1/2 cup(s) (70g)
almond milk, unsweetened
4 cup (960mL)
peanut butter
2 tsp (11g)
protein powder, chocolate
2 scoop (1/3 cup ea) (62g)

1. Put all ingredients in the blender.
 2. Mix until well-combined.
 3. Serve cold.
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Lunch 1 [↗](#)

Eat on day 1

Chunky canned soup (non-creamy)

4 can(s) - 988 cals ● 72g protein ● 27g fat ● 93g carbs ● 21g fiber



Makes 4 can(s)

chunky canned soup (non-creamy varieties)

4 can (~19 oz) (2104g)

- 1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Walnuts

1/2 cup(s) - 393 cals ● 9g protein ● 37g fat ● 4g carbs ● 4g fiber



For single meal:

walnuts

1/2 cup, shelled (56g)

For all 2 meals:

walnuts

1 cup, shelled (113g)

- 1. The recipe has no instructions.

Chickpea & kale soup

546 cals ● 27g protein ● 14g fat ● 56g carbs ● 21g fiber



For single meal:

vegetable broth
4 cup(s) (mL)
oil
1 tsp (5mL)
kale leaves, chopped
2 cup, chopped (80g)
garlic, minced
2 clove(s) (6g)
chickpeas, canned, drained
1 can(s) (448g)

For all 2 meals:

vegetable broth
8 cup(s) (mL)
oil
2 tsp (10mL)
kale leaves, chopped
4 cup, chopped (160g)
garlic, minced
4 clove(s) (12g)
chickpeas, canned, drained
2 can(s) (896g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

Lunch 3 [🔗](#)

Eat on day 4 and day 5

Simple kale & avocado salad

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



For single meal:

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

For all 2 meals:

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

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Baked tofu

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



For single meal:

soy sauce
9 1/3 tbsp (140mL)
sesame seeds
3 1/2 tsp (10g)
extra firm tofu
18 2/3 oz (529g)
fresh ginger, peeled and grated
1 1/6 slices (1" dia) (3g)

For all 2 meals:

soy sauce
56 tsp (280mL)
sesame seeds
2 1/3 tbsp (21g)
extra firm tofu
2 1/3 lbs (1058g)
fresh ginger, peeled and grated
2 1/3 slices (1" dia) (5g)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.

Lunch 4 [🔗](#)

Eat on day 6 and day 7

Lentil kale salad

292 cal ● 12g protein ● 14g fat ● 24g carbs ● 6g fiber



For single meal:

lentils, raw
3 tbsp (36g)
lemon juice
3/4 tbsp (11mL)
almonds
3/4 tbsp, slivered (5g)
oil
3/4 tbsp (11mL)
kale leaves
1 cup, chopped (45g)
crushed red pepper
3 dash (1g)
water
3/4 cup(s) (178mL)
ground cumin
3 dash (1g)
garlic, diced
3/4 clove(s) (2g)

For all 2 meals:

lentils, raw
6 tbsp (72g)
lemon juice
1 1/2 tbsp (23mL)
almonds
1 1/2 tbsp, slivered (10g)
oil
1 1/2 tbsp (23mL)
kale leaves
2 1/4 cup, chopped (90g)
crushed red pepper
1/4 tbsp (1g)
water
1 1/2 cup(s) (356mL)
ground cumin
1/4 tbsp (2g)
garlic, diced
1 1/2 clove(s) (5g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sauté for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

Pecans

1/2 cup - 366 cal ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



For single meal:
pecans
1/2 cup, halves (50g)

For all 2 meals:
pecans
1 cup, halves (99g)

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 2 meals:
almond yogurt, flavored
2 container (300g)

1. The recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Sunflower seeds

240 cals ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:
sunflower kernels
1 1/3 oz (38g)

For all 2 meals:
sunflower kernels
2 2/3 oz (76g)

1. The recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

Bell pepper strips and hummus

213 cals ● 9g protein ● 10g fat ● 13g carbs ● 9g fiber



For single meal:

hummus
6 1/2 tbsp (101g)
bell pepper
1 1/4 medium (149g)

For all 3 meals:

hummus
1 1/4 cup (304g)
bell pepper
3 3/4 medium (446g)

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

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.

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Roasted almonds

1/6 cup(s) - 148 cal● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
2 2/3 tbsp, whole (24g)

For all 2 meals:

almonds
1/3 cup, whole (48g)

1. The recipe has no instructions.
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Carrots and hummus

205 cal● 7g protein ● 8g fat ● 17g carbs ● 10g fiber



For single meal:

hummus
5 tbsp (75g)
baby carrots
20 medium (200g)

For all 2 meals:

hummus
10 tbsp (150g)
baby carrots
40 medium (400g)

1. Serve carrots with hummus.
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Dinner 1 [↗](#)

Eat on day 1 and day 2

Walnut crusted tofu (vegan)

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



For single meal:

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)

For all 2 meals:

lemon juice
1 tbsp (15mL)
dijon mustard
3 tbsp (45g)
vegan mayonnaise
6 tbsp (90g)
walnuts
1 cup, chopped (116g)
firm tofu, drained
1 1/2 lbs (680g)
garlic, diced
6 clove(s) (18g)

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.

Vegan buttery garlic green beans

97 cals ● 4g protein ● 1g fat ● 11g carbs ● 6g fiber



For single meal:

salt
2 dash (2g)
lemon pepper
1 1/2 dash (0g)
vegan butter
1 tbsp (14g)
garlic, minced
1 1/2 clove(s) (5g)
fresh green beans, trimmed, snapped in half
1/2 lbs (227g)

For all 2 meals:

salt
4 dash (3g)
lemon pepper
3 dash (0g)
vegan butter
2 tbsp (28g)
garlic, minced
3 clove(s) (9g)
fresh green beans, trimmed, snapped in half
1 lbs (453g)

1. Place green beans in a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
5. Serve.

Dinner 2 [↗](#)

Eat on day 3

Sauteed peppers and onions

63 cals ● 1g protein ● 4g fat ● 5g carbs ● 2g fiber



oil

1/4 tbsp (4mL)

onion, sliced

1/4 medium (2-1/2" dia) (28g)

bell pepper, sliced into strips

1/2 large (82g)

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.

Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



Makes 3 sausage(s)

vegan sausage

3 sausage (300g)

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

Dinner 3 [↗](#)

Eat on day 4

Curried lentils

362 cals ● 14g protein ● 19g fat ● 30g carbs ● 5g fiber



lentils, raw

4 tbsp (48g)

water

1/2 cup(s) (119mL)

salt

1/2 dash (0g)

coconut milk, canned

6 tbsp (90mL)

curry paste

1/2 tbsp (8g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Baked fries

290 cals ● 5g protein ● 11g fat ● 37g carbs ● 7g fiber

**potatoes**

3/4 large (3" to 4-1/4" dia.) (277g)

oil

3/4 tbsp (11mL)

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

Corn

231 cal ● 7g protein ● 2g fat ● 42g carbs ● 5g fiber

**frozen corn kernels**

1 2/3 cup (227g)

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

Eat on day 5

Carrot & grounds stir fry

498 cals ● 37g protein ● 22g fat ● 23g carbs ● 15g fiber



carrots
2 large (144g)
vegetarian burger crumbles
6 oz (170g)
soy sauce
1 1/2 tbsp (23mL)
water
1 tbsp (15mL)
crushed red pepper
2 dash (0g)
lime juice
1/2 tbsp (8mL)
oil
1 tbsp (15mL)
garlic, minced
1 clove(s) (3g)
onion, chopped
1/2 large (75g)
fresh cilantro, chopped
1 1/2 tbsp, chopped (5g)

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,

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



salad dressing
1 tbsp (15mL)
red onion, thinly sliced
1/4 small (18g)
cucumber, thinly sliced
1/4 cucumber (8-1/4") (75g)
tomatoes, thinly sliced
1/2 medium whole (2-3/5" dia) (62g)

1. Mix ingredients together in a bowl and serve.

White rice

1 cup rice, cooked - 218 cals ● 4g protein ● 0g fat ● 49g carbs ● 1g fiber



Makes 1 cup rice, cooked

water
2/3 cup(s) (158mL)
long-grain white rice
1/3 cup (62g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Dinner 5 [🔗](#)

Eat on day 6 and day 7

Tomato cucumber salad

141 cals ● 3g protein ● 6g fat ● 15g carbs ● 3g fiber



For single meal:

salad dressing
2 tbsp (30mL)
red onion, thinly sliced
1/2 small (35g)
cucumber, thinly sliced
1/2 cucumber (8-1/4") (151g)
tomatoes, thinly sliced
1 medium whole (2-3/5" dia) (123g)

For all 2 meals:

salad dressing
4 tbsp (60mL)
red onion, thinly sliced
1 small (70g)
cucumber, thinly sliced
1 cucumber (8-1/4") (301g)
tomatoes, thinly sliced
2 medium whole (2-3/5" dia) (246g)

1. Mix ingredients together in a bowl and serve.

Peanut tempeh

8 oz tempeh - 868 cals ● 66g protein ● 45g fat ● 29g carbs ● 20g fiber



For single meal:

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)

For all 2 meals:

tempeh
1 lbs (454g)
peanut butter
1/2 cup (129g)
lemon juice
2 tbsp (30mL)
soy sauce
4 tsp (20mL)
nutritional yeast
2 tbsp (8g)

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.

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.
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