

# Meal Plan - 3200 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

3160 cals ● 241g protein (31%) ● 126g fat (36%) ● 179g carbs (23%) ● 86g fiber (11%)

### Breakfast

155 cals, 4g protein, 25g net carbs, 2g fat



[Blueberry vanilla oatmeal](#)

156 cals

### Lunch

995 cals, 76g protein, 75g net carbs, 31g fat



[Lentils](#)

405 cals



[Basic tempeh](#)

8 oz- 590 cals

### Snacks

445 cals, 7g protein, 22g net carbs, 30g fat



[Watermelon](#)

8 oz- 82 cals



[Avocado](#)

351 cals



[Celery sticks](#)

2 celery stalk- 13 cals

### Dinner

1180 cals, 70g protein, 53g net carbs, 61g fat



[Easy chickpea salad](#)

234 cals



[Crack slaw with tempeh](#)

633 cals



[Sunflower seeds](#)

316 cals

### Protein Supplement(s)

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



[Protein shake](#)

3 1/2 scoop- 382 cals

## Day 2

3111 cals ● 200g protein (26%) ● 174g fat (50%) ● 144g carbs (19%) ● 42g fiber (5%)

### Breakfast

155 cals, 4g protein, 25g net carbs, 2g fat



[Blueberry vanilla oatmeal](#)  
156 cals

### Snacks

445 cals, 7g protein, 22g net carbs, 30g fat



[Watermelon](#)  
8 oz- 82 cals



[Avocado](#)  
351 cals



[Celery sticks](#)  
2 celery stalk- 13 cals

### Protein Supplement(s)

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



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

### Lunch

1070 cals, 54g protein, 74g net carbs, 56g fat



[Pistachios](#)  
188 cals



[Basic tofu sandwich](#)  
2 sandwich(es)- 884 cals

### Dinner

1055 cals, 51g protein, 20g net carbs, 84g fat



[Buffalo tofu with vegan ranch](#)  
1013 cals



[Broccoli](#)  
1 1/2 cup(s)- 44 cals

## Day 3

3231 cals ● 212g protein (26%) ● 196g fat (54%) ● 109g carbs (13%) ● 47g fiber (6%)

### Breakfast

500 cals, 20g protein, 17g net carbs, 34g fat



**Pecans**  
1/4 cup- 183 cals



**Soy milk**  
1 3/4 cup(s)- 148 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Snacks

360 cals, 10g protein, 37g net carbs, 18g fat



**Baked chips**  
9 crisps- 91 cals



**Walnuts**  
1/6 cup(s)- 131 cals



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

### Lunch

935 cals, 46g protein, 32g net carbs, 58g fat



**Buffalo tempeh with vegan ranch**  
589 cals



**Roasted Brussels sprouts**  
347 cals

### Dinner

1055 cals, 51g protein, 20g net carbs, 84g fat



**Buffalo tofu with vegan ranch**  
1013 cals



**Broccoli**  
1 1/2 cup(s)- 44 cals

### Protein Supplement(s)

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



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

## Day 4

3205 cals ● 248g protein (31%) ● 151g fat (43%) ● 161g carbs (20%) ● 52g fiber (6%)

### Breakfast

500 cals, 20g protein, 17g net carbs, 34g fat



**Pecans**  
1/4 cup- 183 cals



**Soy milk**  
1 3/4 cup(s)- 148 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Snacks

360 cals, 10g protein, 37g net carbs, 18g fat



**Baked chips**  
9 crisps- 91 cals



**Walnuts**  
1/6 cup(s)- 131 cals



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

### Lunch

935 cals, 46g protein, 32g net carbs, 58g fat



**Buffalo tempeh with vegan ranch**  
589 cals



**Roasted Brussels sprouts**  
347 cals

### Dinner

1030 cals, 87g protein, 72g net carbs, 39g fat



**Garlic pepper seitan**  
799 cals



**Lentils**  
231 cals

### Protein Supplement(s)

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



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

## Day 5

3250 cals ● 210g protein (26%) ● 138g fat (38%) ● 180g carbs (22%) ● 112g fiber (14%)

### Breakfast

500 cals, 20g protein, 17g net carbs, 34g fat



#### Pecans

1/4 cup- 183 cals



#### Soy milk

1 3/4 cup(s)- 148 cals



#### Avocado toast

1 slice(s)- 168 cals

### Snacks

350 cals, 15g protein, 22g net carbs, 19g fat



#### Roasted peanuts

1/6 cup(s)- 173 cals



#### Cherry tomatoes

9 cherry tomatoes- 32 cals



#### Hummus toast

1 slice(s)- 146 cals

### Protein Supplement(s)

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



#### Protein shake

3 1/2 scoop- 382 cals

### Lunch

1010 cals, 44g protein, 54g net carbs, 55g fat



#### Pumpkin seeds

366 cals



#### Lemony chickpea salad

646 cals

### Dinner

1005 cals, 47g protein, 84g net carbs, 28g fat



#### Black bean and salsa soup

772 cals



#### Tomato and avocado salad

235 cals

## Day 6

3216 cals ● 225g protein (28%) ● 158g fat (44%) ● 160g carbs (20%) ● 63g fiber (8%)

### Breakfast

540 cals, 25g protein, 7g net carbs, 42g fat



**Almond protein balls**  
4 ball(s)- 539 cals

### Lunch

1010 cals, 44g protein, 54g net carbs, 55g fat



**Pumpkin seeds**  
366 cals



**Lemony chickpea salad**  
646 cals

### Snacks

350 cals, 15g protein, 22g net carbs, 19g fat



**Roasted peanuts**  
1/6 cup(s)- 173 cals



**Cherry tomatoes**  
9 cherry tomatoes- 32 cals



**Hummus toast**  
1 slice(s)- 146 cals

### Dinner

935 cals, 57g protein, 73g net carbs, 40g fat



**Chik'n nuggets**  
13 1/3 nuggets- 735 cals



**Soy milk**  
2 1/3 cup(s)- 198 cals

### Protein Supplement(s)

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



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

## Day 7

3154 cals ● 208g protein (26%) ● 153g fat (44%) ● 185g carbs (23%) ● 51g fiber (6%)

### Breakfast

540 cals, 25g protein, 7g net carbs, 42g fat



**Almond protein balls**  
4 ball(s)- 539 cals

### Lunch

950 cals, 26g protein, 79g net carbs, 51g fat



**Simple kale & avocado salad**  
288 cals



**Vegan grilled cheese**  
2 sandwich(es)- 662 cals

### Snacks

350 cals, 15g protein, 22g net carbs, 19g fat



**Roasted peanuts**  
1/6 cup(s)- 173 cals



**Cherry tomatoes**  
9 cherry tomatoes- 32 cals



**Hummus toast**  
1 slice(s)- 146 cals

### Dinner

935 cals, 57g protein, 73g net carbs, 40g fat



**Chik'n nuggets**  
13 1/3 nuggets- 735 cals



**Soy milk**  
2 1/3 cup(s)- 198 cals

### Protein Supplement(s)

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



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

# Grocery List



## Fruits and Fruit Juices

- Watermelon**  
16 oz (453g)
- avocados**  
5 avocado(s) (980g)
- lemon juice**  
1 1/3 fl oz (40mL)
- blueberries**  
6 tbsp (56g)
- lime juice**  
1 tbsp (15mL)
- lemon**  
5/8 small (36g)

## Vegetables and Vegetable Products

- raw celery**  
4 stalk, medium (7-1/2" - 8" long) (160g)
- onion**  
3/4 medium (2-1/2" dia) (79g)
- tomatoes**  
5 1/2 medium whole (2-3/5" dia) (675g)
- fresh parsley**  
1 1/2 sprigs (2g)
- garlic**  
4 1/2 clove(s) (13g)
- frozen broccoli**  
3 cup (273g)
- brussels sprouts**  
1 1/2 lbs (680g)
- green pepper**  
2 1/2 tbsp, chopped (22g)
- sun-dried tomatoes**  
8 piece(s) (80g)
- ketchup**  
6 2/3 tbsp (113g)
- kale leaves**  
5/8 bunch (106g)

## Breakfast Cereals

- oatmeal, old-fashioned oats, rolled oats**  
3/4 cup(s) (61g)

## Spices and Herbs

- vanilla extract**  
1/2 tbsp (8mL)
- salt**  
1/2 tbsp (8g)

## Fats and Oils

- oil**  
4 oz (123mL)
- vegan mayonnaise**  
1 tbsp (15g)
- olive oil**  
2 2/3 oz (84mL)

## Soups, Sauces, and Gravies

- apple cider vinegar**  
1/2 tbsp (0mL)
- hot sauce**  
1/2 tbsp (8mL)
- Frank's Red Hot sauce**  
1 1/2 cup (329mL)
- vegetable broth**  
1 cup(s) (mL)
- salsa**  
3/4 cup (195g)

## Other

- coleslaw mix**  
3 cup (270g)
- mixed greens**  
2 package (5.5 oz) (297g)
- vegan cheese, sliced**  
6 slice(s) (121g)
- vegan ranch**  
9 1/2 oz (270mL)
- soy milk, unsweetened**  
10 cup(s) (mL)
- baked chips, any flavor**  
18 chips (42g)
- soy milk yogurt**  
2 container(s) (301g)
- almond flour**  
4 tbsp (28g)
- vegan chik'n nuggets**  
26 2/3 nuggets (573g)

## Nut and Seed Products

- sunflower kernels**  
2 1/2 oz (68g)
- pistachios, shelled**  
4 tbsp (31g)
- pecans**  
3/4 cup, halves (74g)

- balsamic vinegar**  
1/2 tbsp (8mL)
- black pepper**  
1 tsp, ground (2g)
- ground cumin**  
1 3/4 tsp (4g)
- garlic powder**  
2 dash (1g)
- dijon mustard**  
4 tsp (20g)

## Sweets

- maple syrup**  
1/2 tbsp (8mL)

## Beverages

- water**  
29 1/4 cup (7027mL)
- protein powder**  
1 3/4 lbs (783g)

## Legumes and Legume Products

- lentils, raw**  
1 cup (176g)
- tempeh**  
26 oz (737g)
- chickpeas, canned**  
1 1/2 can(s) (672g)
- firm tofu**  
3 1/2 lbs (1527g)
- roasted peanuts**  
1/2 cup (82g)
- hummus**  
13 1/2 tbsp (203g)
- black beans**  
1 1/2 can(s) (659g)

- walnuts**  
6 tbsp, shelled (38g)
- roasted pumpkin seeds, unsalted**  
1 cup (118g)
- almond butter**  
1/2 cup (125g)

## Baked Products

- bread**  
16 oz (448g)

## Cereal Grains and Pasta

- seitan**  
9 1/3 oz (265g)

## Dairy and Egg Products

- sour cream**  
3 tbsp (36g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Blueberry vanilla oatmeal

156 cals ● 4g protein ● 2g fat ● 25g carbs ● 4g fiber



For single meal:

**oatmeal, old-fashioned oats, rolled oats**  
3/8 cup(s) (30g)  
**blueberries**  
3 tbsp (28g)  
**vanilla extract**  
1/4 tbsp (4mL)  
**maple syrup**  
1/4 tbsp (4mL)  
**water**  
1/2 cup(s) (133mL)

For all 2 meals:

**oatmeal, old-fashioned oats, rolled oats**  
3/4 cup(s) (61g)  
**blueberries**  
6 tbsp (56g)  
**vanilla extract**  
1/2 tbsp (8mL)  
**maple syrup**  
1/2 tbsp (8mL)  
**water**  
1 cup(s) (267mL)

1. Add all ingredients and microwave for about 2-3 minutes.
2. Note: You can mix the oatmeal, blueberries, vanilla and maple syrup and store in your refrigerator for up to 5 days (depending on freshness of fruit). When ready to eat, add water and microwave.

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### 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.

### 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 3 meals:

**soy milk, unsweetened**  
5 1/4 cup(s) (mL)

1. The recipe has no instructions.

## Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

**bread**  
1 slice (32g)  
**avocados, ripe, sliced**  
1/4 avocado(s) (50g)

For all 3 meals:

**bread**  
3 slice (96g)  
**avocados, ripe, sliced**  
3/4 avocado(s) (151g)

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

## Breakfast 3 ↗

Eat on day 6 and day 7

### Almond protein balls

4 ball(s) - 539 cals ● 25g protein ● 42g fat ● 7g carbs ● 8g fiber



For single meal:

**almond butter**  
4 tbsp (63g)  
**almond flour**  
2 tbsp (14g)  
**protein powder**  
2 tbsp (12g)

For all 2 meals:

**almond butter**  
1/2 cup (125g)  
**almond flour**  
4 tbsp (28g)  
**protein powder**  
4 tbsp (23g)

1. Mix all ingredients together until well incorporated.
2. Form into balls.
3. Store any leftovers in an airtight container in the fridge.

## Lunch 1 ↗

Eat on day 1

### Lentils

405 cals ● 28g protein ● 1g fat ● 59g carbs ● 12g fiber



**water**  
2 1/3 cup(s) (553mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
9 1/3 tbsp (112g)

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.

### Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



Makes 8 oz

**tempeh**  
1/2 lbs (227g)  
**oil**  
4 tsp (20mL)

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.

## Lunch 2 ↗

Eat on day 2

### Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



**pistachios, shelled**  
4 tbsp (31g)

1. The recipe has no instructions.

### Basic tofu sandwich

2 sandwich(es) - 884 cals ● 47g protein ● 42g fat ● 68g carbs ● 10g fiber



Makes 2 sandwich(es)

**bread**

4 slice(s) (128g)

**mixed greens**

2 oz (57g)

**tomatoes**

4 slice, medium (1/4" thick) (80g)

**vegan cheese, sliced**

2 slice(s) (40g)

**vegan mayonnaise**

1 tbsp (15g)

**oil**

2 tsp (10mL)

**firm tofu, rinsed and patted dry**

4 slice(s) (336g)

1. Heat oil in a skillet over medium-high heat. Add tofu and cook both sides until browned.

2. Season tofu with whichever spices you prefer.

3. Assemble the sandwich by using the bread, vegan mayo, tofu, and the veggies. Feel free to add any low-calorie veggies or condiments.

## Lunch 3 ↗

Eat on day 3 and day 4

### Buffalo tempeh with vegan ranch

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



For single meal:

**oil**

3/4 tbsp (11mL)

**Frank's Red Hot sauce**

3 tbsp (45mL)

**tempeh, roughly chopped**

6 oz (170g)

**vegan ranch**

3 tbsp (45mL)

For all 2 meals:

**oil**

1 1/2 tbsp (23mL)

**Frank's Red Hot sauce**

6 tbsp (90mL)

**tempeh, roughly chopped**

3/4 lbs (340g)

**vegan ranch**

6 tbsp (90mL)

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.

### Roasted brussels sprouts

347 cals ● 10g protein ● 20g fat ● 18g carbs ● 13g fiber



For single meal:

**salt**  
3 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**brussels sprouts**  
3/4 lbs (340g)  
**olive oil**  
1 1/2 tbsp (23mL)

For all 2 meals:

**salt**  
1/4 tbsp (5g)  
**black pepper**  
4 dash, ground (1g)  
**brussels sprouts**  
1 1/2 lbs (680g)  
**olive oil**  
3 tbsp (45mL)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

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## Lunch 4 ↗

Eat on day 5 and day 6

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### 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.

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### Lemony chickpea salad

646 cals ● 26g protein ● 26g fat ● 49g carbs ● 28g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**ground cumin**  
4 dash (1g)  
**lemon juice**  
1 tbsp (15mL)  
**dijon mustard**  
2 tsp (10g)  
**hummus**  
3 tbsp (45g)  
**mixed greens**  
4 cup (120g)  
**sun-dried tomatoes, thinly sliced**  
4 piece(s) (40g)  
**avocados, chopped**  
1/2 avocado(s) (101g)  
**chickpeas, canned, rinsed and drained**  
1/2 can(s) (224g)

For all 2 meals:

**oil**  
1/2 tsp (3mL)  
**ground cumin**  
1 tsp (2g)  
**lemon juice**  
2 tbsp (30mL)  
**dijon mustard**  
4 tsp (20g)  
**hummus**  
6 tbsp (90g)  
**mixed greens**  
8 cup (240g)  
**sun-dried tomatoes, thinly sliced**  
8 piece(s) (80g)  
**avocados, chopped**  
1 avocado(s) (201g)  
**chickpeas, canned, rinsed and drained**  
1 can(s) (448g)

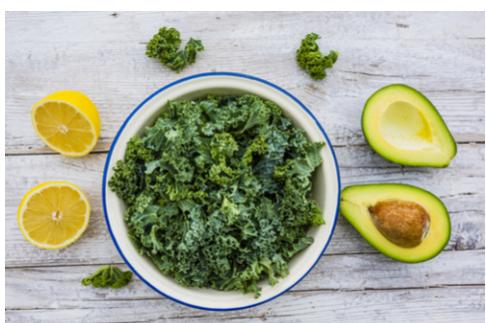
1. Preheat oven to 350°F (180°C).
2. Add chickpeas to a sheet pan and mix them together with the oil, cumin, and some salt until evenly coated. Bake 10-15 minutes until chickpeas are golden.
3. Meanwhile, in a small bowl, mix the hummus, mustard, lemon juice, and some salt and pepper to make the dressing. If needed, stir in a splash of water to thin out the consistency of the dressing.
4. Serve greens with sun dried tomatoes, avocado, chickpeas, and dressing.

## Lunch 5 ↗

Eat on day 7

### Simple kale & avocado salad

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



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

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

### Vegan grilled cheese

2 sandwich(es) - 662 cals ● 20g protein ● 31g fat ● 67g carbs ● 8g fiber

Makes 2 sandwich(es)



**bread**  
4 slice (128g)  
**oil**  
2 tsp (10mL)  
**vegan cheese, sliced**  
4 slice(s) (80g)

1. Preheat skillet to medium-low with half of the oil.
2. Place one slice of bread on the skillet and top with cheese and the other slice of bread.
3. Grill until lightly browned- remove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.

## Snacks 1

Eat on day 1 and day 2

### Watermelon

8 oz - 82 cals ● 2g protein ● 0g fat ● 17g carbs ● 1g fiber



For single meal:

**Watermelon**  
8 oz (227g)

For all 2 meals:

**Watermelon**  
16 oz (453g)

1. Slice watermelon and serve.

### Avocado

351 cals ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



For single meal:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

For all 2 meals:

**avocados**  
2 avocado(s) (402g)  
**lemon juice**  
2 tsp (10mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

## Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

### raw celery

2 stalk, medium (7-1/2" - 8" long)  
(80g)

For all 2 meals:

### raw celery

4 stalk, medium (7-1/2" - 8" long)  
(160g)

1. Slice celery into sticks and serve.

## Snacks 2 ↗

Eat on day 3 and day 4

### Baked chips

9 crisps - 91 cals ● 2g protein ● 2g fat ● 16g carbs ● 1g fiber



For single meal:

**baked chips, any flavor**  
9 crisps (21g)

For all 2 meals:

**baked chips, any flavor**  
18 crisps (42g)

1. Enjoy.

## Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
3 tbsp, shelled (19g)

For all 2 meals:

**walnuts**  
6 tbsp, shelled (38g)

1. The recipe has no instructions.

## Soy milk yogurt

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



For single meal:

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

For all 2 meals:

**soy milk yogurt**  
2 container(s) (301g)

1. The recipe has no instructions.

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## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
3 tbsp (27g)

For all 3 meals:

**roasted peanuts**  
1/2 cup (82g)

1. The recipe has no instructions.

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## Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**tomatoes**  
9 cherry tomatoes (153g)

For all 3 meals:

**tomatoes**  
27 cherry tomatoes (459g)

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

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## Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

**bread**

1 slice (32g)

**hummus**

2 1/2 tbsp (38g)

For all 3 meals:

**bread**

3 slice (96g)

**hummus**

1/2 cup (113g)

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

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## Dinner 1 ↗

Eat on day 1

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### Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



**balsamic vinegar**

1/2 tbsp (8mL)

**apple cider vinegar**

1/2 tbsp (0mL)

**chickpeas, canned, drained and rinsed**

1/2 can(s) (224g)

**onion, thinly sliced**

1/4 small (18g)

**tomatoes, halved**

1/2 cup cherry tomatoes (75g)

**fresh parsley, chopped**

1 1/2 sprigs (2g)

1. Add all ingredients to a bowl and toss. Serve!

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### 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.

## Sunflower seeds

316 cals ● 15g protein ● 25g fat ● 4g carbs ● 4g fiber



**sunflower kernels**  
1 3/4 oz (50g)

1. The recipe has no instructions.

## Dinner 2 ↗

Eat on day 2 and day 3

### Buffalo tofu with vegan ranch

1013 cals ● 47g protein ● 84g fat ● 17g carbs ● 1g fiber



For single meal:

**oil**  
1 1/2 tbsp (23mL)  
**Frank's Red Hot sauce**  
1/2 cup (119mL)  
**vegan ranch**  
6 tbsp (90mL)  
**firm tofu, patted dry & cubed**  
1 1/3 lbs (595g)

For all 2 meals:

**oil**  
3 tbsp (45mL)  
**Frank's Red Hot sauce**  
1 cup (238mL)  
**vegan ranch**  
3/4 cup (180mL)  
**firm tofu, patted dry & cubed**  
2 1/2 lbs (1191g)

1. Heat oil in a skillet over medium heat. Add cubed tofu 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.

### Broccoli

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



For single meal:

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

For all 2 meals:

**frozen broccoli**  
3 cup (273g)

1. Prepare according to instructions on package.

## Dinner 3 ↗

Eat on day 4

### Garlic pepper seitan

799 cals ● 71g protein ● 39g fat ● 38g carbs ● 3g fiber



**olive oil**  
2 1/3 tbsp (35mL)  
**onion**  
1/4 cup, chopped (47g)  
**green pepper**  
2 1/3 tbsp, chopped (22g)  
**black pepper**  
1/4 tsp, ground (1g)  
**water**  
3 1/2 tsp (17mL)  
**salt**  
1 dash (1g)  
**seitan, chicken style**  
9 1/3 oz (265g)  
**garlic, minced**  
3 clove(s) (9g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

### Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



**water**  
1 1/3 cup(s) (316mL)  
**salt**  
2/3 dash (0g)  
**lentils, raw, rinsed**  
1/3 cup (64g)

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.

## Dinner 4 ↗

Eat on day 5

### Black bean and salsa soup

772 cals ● 44g protein ● 10g fat ● 77g carbs ● 49g fiber



**vegetable broth**  
1 cup(s) (mL)  
**black beans**  
1 1/2 can(s) (659g)  
**ground cumin**  
1/4 tbsp (2g)  
**sour cream**  
3 tbsp (36g)  
**salsa, chunky**  
3/4 cup (195g)

1. In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
3. Top with sour cream when serving.

### Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



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

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

## Dinner 5 ↗

Eat on day 6 and day 7

### Chik'n nuggets

13 1/3 nuggets - 735 cals ● 41g protein ● 30g fat ● 69g carbs ● 7g fiber



For single meal:

**ketchup**  
3 1/3 tbsp (57g)  
**vegan chik'n nuggets**  
13 1/3 nuggets (287g)

For all 2 meals:

**ketchup**  
6 2/3 tbsp (113g)  
**vegan chik'n nuggets**  
26 2/3 nuggets (573g)

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

### Soy milk

2 1/3 cup(s) - 198 cals ● 16g protein ● 10g fat ● 5g carbs ● 5g fiber



For single meal:

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

For all 2 meals:

**soy milk, unsweetened**  
4 2/3 cup(s) (mL)

1. The recipe has no instructions.

## 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.