

# Meal Plan - 3300 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

3248 cals ● 229g protein (28%) ● 155g fat (43%) ● 174g carbs (21%) ● 60g fiber (7%)

### Breakfast

515 cals, 14g protein, 32g net carbs, 30g fat



**Avocado**  
176 cals



**Almond yogurt**  
1 container(s)- 191 cals



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

### Lunch

1070 cals, 49g protein, 27g net carbs, 76g fat



**Pumpkin seeds**  
366 cals



**Salsa verde tofu salad**  
705 cals

### Snacks

225 cals, 11g protein, 3g net carbs, 18g fat



**Sunflower seeds**  
226 cals

### Dinner

1005 cals, 59g protein, 108g net carbs, 29g fat



**Soy milk**  
4 cup(s)- 339 cals



**Spaghetti and meatless meatballs**  
664 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

## Day 2

3274 cals ● 212g protein (26%) ● 145g fat (40%) ● 206g carbs (25%) ● 74g fiber (9%)

### Breakfast

515 cals, 14g protein, 32g net carbs, 30g fat



**Avocado**  
176 cals



**Almond yogurt**  
1 container(s)- 191 cals



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

### Snacks

225 cals, 11g protein, 3g net carbs, 18g fat



**Sunflower seeds**  
226 cals

### Lunch

1075 cals, 42g protein, 75g net carbs, 57g fat



**Spiced coconut lentil soup**  
817 cals



**Edamame & beet salad**  
257 cals

### Dinner

1025 cals, 49g protein, 93g net carbs, 38g fat



**Zoodles marinara**  
394 cals



**Soy milk**  
3 cup(s)- 254 cals



**Simple vegan garlic bread**  
3 slice(s)- 378 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

## Day 3

3302 cals ● 234g protein (28%) ● 168g fat (46%) ● 145g carbs (18%) ● 68g fiber (8%)

### Breakfast

530 cals, 26g protein, 31g net carbs, 28g fat



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



**Smashed raspberry almond butter toast**  
2 toast(s)- 405 cals

### Lunch

1075 cals, 42g protein, 75g net carbs, 57g fat



**Spiced coconut lentil soup**  
817 cals



**Edamame & beet salad**  
257 cals

### Snacks

225 cals, 11g protein, 3g net carbs, 18g fat



**Sunflower seeds**  
226 cals

### Dinner

1035 cals, 59g protein, 32g net carbs, 64g fat



**Roasted peanuts**  
1/2 cup(s)- 403 cals



**Crack slaw with tempeh**  
633 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

## Day 4

3300 cals ● 241g protein (29%) ● 164g fat (45%) ● 146g carbs (18%) ● 69g fiber (8%)

### Breakfast

530 cals, 26g protein, 31g net carbs, 28g fat



#### Soy milk

1 1/2 cup(s)- 127 cals



#### Smashed raspberry almond butter toast

2 toast(s)- 405 cals

### Snacks

335 cals, 10g protein, 8g net carbs, 27g fat



#### Walnuts

1/6 cup(s)- 117 cals



#### Celery and peanut butter

218 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



#### Protein shake

4 scoop- 436 cals

### Lunch

960 cals, 49g protein, 71g net carbs, 43g fat



#### Simple mixed greens and tomato salad

189 cals



#### Vegan deli smashed avocado sandwich

2 sandwich(es)- 773 cals

### Dinner

1035 cals, 59g protein, 32g net carbs, 64g fat



#### Roasted peanuts

1/2 cup(s)- 403 cals



#### Crack slaw with tempeh

633 cals

## Day 5

3348 cals ● 209g protein (25%) ● 158g fat (43%) ● 181g carbs (22%) ● 91g fiber (11%)

### Breakfast

540 cals, 26g protein, 42g net carbs, 20g fat



#### Roasted peanuts

1/6 cup(s)- 173 cals



#### Raspberries

2 cup(s)- 144 cals



#### Breakfast cereal with protein almond milk

224 cals

### Snacks

335 cals, 10g protein, 8g net carbs, 27g fat



#### Walnuts

1/6 cup(s)- 117 cals



#### Celery and peanut butter

218 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



#### Protein shake

4 scoop- 436 cals

### Lunch

960 cals, 49g protein, 71g net carbs, 43g fat



#### Simple mixed greens and tomato salad

189 cals



#### Vegan deli smashed avocado sandwich

2 sandwich(es)- 773 cals

### Dinner

1075 cals, 27g protein, 56g net carbs, 66g fat



#### Zoodles with avocado sauce

824 cals



#### Simple vegan garlic bread

2 slice(s)- 252 cals

## Day 6

3270 cals ● 224g protein (27%) ● 161g fat (44%) ● 156g carbs (19%) ● 75g fiber (9%)

### Breakfast

540 cals, 26g protein, 42g net carbs, 20g fat



#### Roasted peanuts

1/6 cup(s)- 173 cals



#### Raspberries

2 cup(s)- 144 cals



#### Breakfast cereal with protein almond milk

224 cals

### Lunch

955 cals, 53g protein, 63g net carbs, 43g fat



#### Basic tofu

8 oz- 342 cals



#### Garlic collard greens

266 cals



#### Lentils

347 cals

### Dinner

940 cals, 37g protein, 23g net carbs, 72g fat



#### Walnut crusted tofu (vegan)

711 cals



#### Simple kale & avocado salad

230 cals

### Snacks

400 cals, 11g protein, 25g net carbs, 24g fat



#### Carrots and hummus

123 cals



#### Kale chips

275 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



#### Protein shake

4 scoop- 436 cals

## Day 7

3270 cals ● 224g protein (27%) ● 161g fat (44%) ● 156g carbs (19%) ● 75g fiber (9%)

### Breakfast

540 cals, 26g protein, 42g net carbs, 20g fat



#### Roasted peanuts

1/6 cup(s)- 173 cals



#### Raspberries

2 cup(s)- 144 cals



#### Breakfast cereal with protein almond milk

224 cals

### Lunch

955 cals, 53g protein, 63g net carbs, 43g fat



#### Basic tofu

8 oz- 342 cals



#### Garlic collard greens

266 cals



#### Lentils

347 cals

### Dinner

940 cals, 37g protein, 23g net carbs, 72g fat



#### Walnut crusted tofu (vegan)

711 cals



#### Simple kale & avocado salad

230 cals

### Snacks

400 cals, 11g protein, 25g net carbs, 24g fat



#### Carrots and hummus

123 cals



#### Kale chips

275 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



#### Protein shake

4 scoop- 436 cals

# Grocery List



## Nut and Seed Products

- roasted pumpkin seeds, unsalted**  
3 oz (89g)
- sunflower kernels**  
5 oz (142g)
- coconut milk, canned**  
3/4 can (338mL)
- almond butter**  
4 tbsp (64g)
- flax seeds**  
4 dash (4g)
- walnuts**  
1/4 lbs (130g)

## Legumes and Legume Products

- firm tofu**  
2 1/2 lbs (1189g)
- black beans**  
4 tbsp (60g)
- hummus**  
2/3 cup (165g)
- lentils, raw**  
1 3/4 cup (336g)
- roasted peanuts**  
1 1/2 cup (210g)
- tempeh**  
3/4 lbs (340g)
- peanut butter**  
4 tbsp (64g)

## Fats and Oils

- oil**  
4 oz (125mL)
- balsamic vinaigrette**  
3 tbsp (45mL)
- olive oil**  
2 oz (65mL)
- salad dressing**  
1/2 cup (113mL)
- vegan mayonnaise**  
5 tbsp (75g)

## Other

- mixed greens**  
15 1/2 cup (465g)
- almond yogurt, flavored**  
2 container (300g)

## Soups, Sauces, and Gravies

- salsa verde**  
2 tbsp (32g)
- pasta sauce**  
1 jar (24 oz) (623g)
- hot sauce**  
1 1/6 fl oz (34mL)

## Fruits and Fruit Juices

- avocados**  
5 1/2 avocado(s) (1122g)
- lemon juice**  
3 fl oz (96mL)
- raspberries**  
28 3/4 oz (814g)
- lemon**  
1 small (58g)

## Vegetables and Vegetable Products

- tomatoes**  
4 1/2 medium whole (2-3/5" dia) (564g)
- frozen chopped spinach**  
3/4 10 oz package (213g)
- onion**  
3/4 large (113g)
- garlic**  
21 3/4 clove(s) (65g)
- fresh ginger**  
1 1/2 slices (1" dia) (3g)
- edamame, frozen, shelled**  
1 1/2 cup (177g)
- beets, precooked (canned or refrigerated)**  
6 beet(s) (300g)
- zucchini**  
4 large (1251g)
- raw celery**  
4 stalk, medium (7-1/2" - 8" long) (160g)
- baby carrots**  
24 medium (240g)
- kale leaves**  
3 2/3 bunch (624g)
- collard greens**  
1 2/3 lbs (756g)

## Beverages

- protein powder**  
29 1/2 scoop (1/3 cup ea) (915g)

- soy milk, unsweetened**  
10 cup(s) (mL)
- vegan meatballs, frozen**  
3 meatball(s) (90g)
- diced tomatoes**  
3/4 can(s) (315g)
- coleslaw mix**  
6 cup (540g)
- plant-based deli slices**  
20 slices (208g)

## Spices and Herbs

- ground cumin**  
2 tsp (4g)
- paprika**  
3 dash (1g)
- curry powder**  
1 1/2 tbsp (9g)
- fresh basil**  
1 3/4 cup leaves, whole (42g)
- salt**  
1 tbsp (20g)
- dijon mustard**  
2 1/2 tbsp (38g)

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- water**  
36 1/3 cup(s) (8610mL)
- almond milk, unsweetened**  
1 1/2 cup (360mL)

## Baked Products

- bread**  
1 1/3 lbs (608g)

## Cereal Grains and Pasta

- uncooked dry pasta**  
4 oz (114g)

## Breakfast Cereals

- breakfast cereal**  
3 serving (90g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### 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.

### 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.

### 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 2 meals:

**bread**

2 slice (64g)

**hummus**

5 tbsp (75g)

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

## Breakfast 2

Eat on day 3 and day 4

### 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.

### Smashed raspberry almond butter toast

2 toast(s) - 405 cals ● 16g protein ● 21g fat ● 28g carbs ● 10g fiber



For single meal:

**bread**

2 slice(s) (64g)

**almond butter**

2 tbsp (32g)

**flax seeds**

2 dash (2g)

**raspberries**

20 raspberries (38g)

For all 2 meals:

**bread**

4 slice(s) (128g)

**almond butter**

4 tbsp (64g)

**flax seeds**

4 dash (4g)

**raspberries**

40 raspberries (76g)

1. Toast bread (optional).
2. Spread almond butter over bread. Place raspberries on the almond butter and smash them gently using the back of a fork. Top with flax seeds and serve.

## Breakfast 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.

### Raspberries

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



For single meal:

**raspberries**  
2 cup (246g)

For all 3 meals:

**raspberries**  
6 cup (738g)

1. Rinse raspberries and serve.

### Breakfast cereal with protein almond milk

224 cals ● 17g protein ● 5g fat ● 25g carbs ● 3g fiber



For single meal:

**breakfast cereal**  
1 serving (30g)  
**almond milk, unsweetened**  
1/2 cup (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

**breakfast cereal**  
3 serving (90g)  
**almond milk, unsweetened**  
1 1/2 cup (360mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

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## Lunch 1 ↗

Eat on day 1

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### Pumpkin seeds

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



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

1. The recipe has no instructions.

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### Salsa verde tofu salad

705 cals ● 31g protein ● 47g fat ● 22g carbs ● 16g fiber



**firm tofu**  
2 slice(s) (168g)  
**oil**  
2 tsp (10mL)  
**mixed greens**  
3 cup (90g)  
**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)  
**ground cumin**  
2 tsp (4g)  
**salsa verde**  
2 tbsp (32g)  
**avocados, sliced**  
4 slices (100g)  
**black beans, drained and rinsed**  
4 tbsp (60g)  
**tomatoes, chopped**  
1 roma tomato (80g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

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## Lunch 2 ↗

Eat on day 2 and day 3

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### Spiced coconut lentil soup

817 cals ● 28g protein ● 47g fat ● 57g carbs ● 15g fiber



For single meal:

**paprika**  
1 1/2 dash (0g)  
**diced tomatoes**  
3/8 can(s) (158g)  
**water**  
2 cup(s) (444mL)  
**coconut milk, canned**  
3/8 can (169mL)  
**curry powder**  
3/4 tbsp (5g)  
**oil**  
3/4 tbsp (11mL)  
**frozen chopped spinach**  
3/8 10 oz package (107g)  
**onion, diced**  
3/8 large (56g)  
**garlic, diced**  
2 clove(s) (6g)  
**fresh ginger, diced**  
3/4 slices (1" dia) (2g)  
**lentils, raw, rinsed**  
6 tbsp (72g)

For all 2 meals:

**paprika**  
3 dash (1g)  
**diced tomatoes**  
3/4 can(s) (315g)  
**water**  
3 3/4 cup(s) (889mL)  
**coconut milk, canned**  
3/4 can (338mL)  
**curry powder**  
1 1/2 tbsp (9g)  
**oil**  
1 1/2 tbsp (23mL)  
**frozen chopped spinach**  
3/4 10 oz package (213g)  
**onion, diced**  
3/4 large (113g)  
**garlic, diced**  
3 3/4 clove(s) (11g)  
**fresh ginger, diced**  
1 1/2 slices (1" dia) (3g)  
**lentils, raw, rinsed**  
3/4 cup (144g)

1. Heat oil in a large saucepan over medium heat and add the onions. Cook until translucent, about 7 minutes.
2. Add in garlic and ginger and cook, stirring frequently, for about 4 minutes.
3. Add in curry powder and paprika and cook for 1 minute, stirring constantly.
4. Stir in coconut milk, lentils and water. Bring to a boil, lower heat and simmer for about 30 minutes.
5. Chop frozen spinach into pieces and stir into soup along with tomatoes. Stir frequently.
6. Once spinach has thawed and soup is heated throughout, serve.

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## Edamame & beet salad

257 cals ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**balsamic vinaigrette**  
1 1/2 tbsp (23mL)  
**edamame, frozen, shelled**  
3/4 cup (89g)  
**beets, precooked (canned or refrigerated), chopped**  
3 beet(s) (150g)

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**balsamic vinaigrette**  
3 tbsp (45mL)  
**edamame, frozen, shelled**  
1 1/2 cup (177g)  
**beets, precooked (canned or refrigerated), chopped**  
6 beet(s) (300g)

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

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## Lunch 3 ↗

Eat on day 4 and day 5

### Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

**mixed greens**  
3 3/4 cup (113g)  
**tomatoes**  
10 tbsp cherry tomatoes (93g)  
**salad dressing**  
1/4 cup (56mL)

For all 2 meals:

**mixed greens**  
7 1/2 cup (225g)  
**tomatoes**  
1 1/4 cup cherry tomatoes (186g)  
**salad dressing**  
1/2 cup (113mL)

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

### Vegan deli smashed avocado sandwich

2 sandwich(es) - 773 cals ● 45g protein ● 31g fat ● 58g carbs ● 19g fiber



For single meal:

**plant-based deli slices**  
10 slices (104g)  
**bread**  
4 slice(s) (128g)  
**hot sauce**  
2 tsp (10mL)  
**mixed greens**  
16 tbsp (30g)  
**avocados, peeled & deseeded**  
2/3 avocado(s) (134g)

For all 2 meals:

**plant-based deli slices**  
20 slices (208g)  
**bread**  
8 slice(s) (256g)  
**hot sauce**  
4 tsp (20mL)  
**mixed greens**  
2 cup (60g)  
**avocados, peeled & deseeded**  
1 1/3 avocado(s) (268g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.

## Lunch 4 ↗

Eat on day 6 and day 7

### Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**firm tofu**  
1 lbs (454g)

1. Slice tofu 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.

### Garlic collard greens

266 cals ● 12g protein ● 14g fat ● 8g carbs ● 15g fiber



For single meal:

**collard greens**  
13 1/3 oz (378g)  
**oil**  
2 1/2 tsp (13mL)  
**salt**  
1/4 tsp (1g)  
**garlic, minced**  
2 1/2 clove(s) (8g)

For all 2 meals:

**collard greens**  
1 2/3 lbs (756g)  
**oil**  
5 tsp (25mL)  
**salt**  
1/2 tsp (3g)  
**garlic, minced**  
5 clove(s) (15g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

### Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

**water**  
2 cup(s) (474mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
1/2 cup (96g)

For all 2 meals:

**water**  
4 cup(s) (948mL)  
**salt**  
2 dash (2g)  
**lentils, raw, rinsed**  
1 cup (192g)

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.

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## Snacks 1 ↗

Eat on day 1, day 2, and day 3

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### Sunflower seeds

226 cals ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

**sunflower kernels**  
1 1/4 oz (35g)

For all 3 meals:

**sunflower kernels**  
1/4 lbs (106g)

1. The recipe has no instructions.

## Snacks 2 ↗

Eat on day 4 and day 5

### Walnuts

1/6 cup(s) - 117 cals ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
2 2/3 tbsp, shelled (17g)

For all 2 meals:

**walnuts**  
1/3 cup, shelled (33g)

1. The recipe has no instructions.

### Celery and peanut butter

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



For single meal:

**raw celery**  
2 stalk, medium (7-1/2" - 8" long)  
(80g)  
**peanut butter**  
2 tbsp (32g)

For all 2 meals:

**raw celery**  
4 stalk, medium (7-1/2" - 8" long)  
(160g)  
**peanut butter**  
4 tbsp (64g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

## Snacks 3 ↗

Eat on day 6 and day 7

### Carrots and hummus

123 cals ● 4g protein ● 5g fat ● 10g carbs ● 6g fiber



For single meal:

**hummus**  
3 tbsp (45g)  
**baby carrots**  
12 medium (120g)

For all 2 meals:

**hummus**  
6 tbsp (90g)  
**baby carrots**  
24 medium (240g)

1. Serve carrots with hummus.

### Kale chips

275 cals ● 6g protein ● 19g fat ● 15g carbs ● 4g fiber



For single meal:

**salt**  
1/2 tbsp (8g)  
**kale leaves**  
1 1/3 bunch (227g)  
**olive oil**  
4 tsp (20mL)

For all 2 meals:

**salt**  
2 2/3 tsp (16g)  
**kale leaves**  
2 2/3 bunch (454g)  
**olive oil**  
2 2/3 tbsp (40mL)

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

## Dinner 1

Eat on day 1

### Soy milk

4 cup(s) - 339 cals ● 28g protein ● 18g fat ● 8g carbs ● 8g fiber



Makes 4 cup(s)

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

1. The recipe has no instructions.

### Spaghetti and meatless meatballs

664 cals ● 31g protein ● 11g fat ● 100g carbs ● 11g fiber



**pasta sauce**  
1/4 jar (24 oz) (168g)  
**uncooked dry pasta**  
4 oz (114g)  
**vegan meatballs, frozen**  
3 meatball(s) (90g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

## Dinner 2

Eat on day 2

### Zoodles marinara

394 cals ● 15g protein ● 7g fat ● 49g carbs ● 18g fiber



**pasta sauce**  
1 3/4 cup (455g)  
**zucchini**  
3 1/2 medium (686g)

1. Spiralize zucchini.
2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
3. (optional) Transfer zoodles to towel and pat any excess water off.
4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
5. Serve.

### Soy milk

3 cup(s) - 254 cals ● 21g protein ● 14g fat ● 6g carbs ● 6g fiber



Makes 3 cup(s)

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

1. The recipe has no instructions.

## Simple vegan garlic bread

3 slice(s) - 378 cals ● 12g protein ● 17g fat ● 38g carbs ● 6g fiber



Makes 3 slice(s)

**bread**  
3 slice (96g)  
**olive oil**  
1 tbsp (15mL)  
**garlic, minced**  
3 clove(s) (9g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

## Dinner 3 ↗

Eat on day 3 and day 4

### Roasted peanuts

1/2 cup(s) - 403 cals ● 15g protein ● 32g fat ● 8g carbs ● 5g fiber



For single meal:

**roasted peanuts**  
1/2 cup (64g)

For all 2 meals:

**roasted peanuts**  
14 tbsp (128g)

1. The recipe has no instructions.

### Crack slaw with tempeh

633 cals ● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



For single meal:

**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)

For all 2 meals:

**coleslaw mix**  
6 cup (540g)  
**hot sauce**  
1 tbsp (15mL)  
**sunflower kernels**  
3 tbsp (36g)  
**oil**  
2 tbsp (30mL)  
**garlic, minced**  
3 clove (9g)  
**tempeh, cubed**  
3/4 lbs (340g)

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.

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## Dinner 4 ↗

Eat on day 5

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### 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.

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### Simple vegan garlic bread

2 slice(s) - 252 cals ● 8g protein ● 11g fat ● 25g carbs ● 4g fiber



Makes 2 slice(s)

**bread**  
2 slice (64g)  
**olive oil**  
2 tsp (10mL)  
**garlic, minced**  
2 clove(s) (6g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

## Dinner 5 ↗

Eat on day 6 and day 7

### Walnut crusted tofu (vegan)

711 cals ● 33g protein ● 57g fat ● 13g carbs ● 5g fiber



For single meal:

**lemon juice**  
1 1/4 tsp (6mL)  
**dijon mustard**  
1 1/4 tbsp (19g)  
**vegan mayonnaise**  
2 1/2 tbsp (38g)  
**walnuts**  
6 1/2 tbsp, chopped (48g)  
**firm tofu, drained**  
10 oz (284g)  
**garlic, diced**  
2 1/2 clove(s) (8g)

For all 2 meals:

**lemon juice**  
2 1/2 tsp (13mL)  
**dijon mustard**  
2 1/2 tbsp (38g)  
**vegan mayonnaise**  
5 tbsp (75g)  
**walnuts**  
13 tbsp, chopped (97g)  
**firm tofu, drained**  
1 1/4 lbs (567g)  
**garlic, diced**  
5 clove(s) (15g)

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.

### Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

**kale leaves, chopped**  
1/2 bunch (85g)  
**avocados, chopped**  
1/2 avocado(s) (101g)  
**lemon, juiced**  
1/2 small (29g)

For all 2 meals:

**kale leaves, chopped**  
1 bunch (170g)  
**avocados, chopped**  
1 avocado(s) (201g)  
**lemon, juiced**  
1 small (58g)

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.

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## Protein Supplement(s)

Eat every day

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### Protein shake

4 scoop - 436 cals ● 97g protein ● 2g fat ● 4g carbs ● 4g fiber



For single meal:

**protein powder**  
4 scoop (1/3 cup ea) (124g)  
**water**  
4 cup(s) (948mL)

For all 7 meals:

**protein powder**  
28 scoop (1/3 cup ea) (868g)  
**water**  
28 cup(s) (6636mL)

1. The recipe has no instructions.

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