

# Meal Plan - 3400 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

3222 cals ● 219g protein (27%) ● 138g fat (39%) ● 174g carbs (22%) ● 102g fiber (13%)

### Breakfast

565 cals, 9g protein, 16g net carbs, 45g fat



**Walnut almond trail mix**  
1/4 cup(s)- 216 cals



**Avocado**  
351 cals

### Snacks

380 cals, 13g protein, 34g net carbs, 19g fat



**Sunflower seeds**  
240 cals



**Raisins**  
1/4 cup- 137 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Lunch

710 cals, 48g protein, 20g net carbs, 37g fat



**Basic tempeh**  
6 oz- 443 cals



**Garlic collard greens**  
266 cals

### Dinner

1135 cals, 53g protein, 100g net carbs, 36g fat



**Lentil pasta**  
673 cals



**Simple kale & avocado salad**  
460 cals

## Day 2

3360 cals ● 213g protein (25%) ● 147g fat (39%) ● 211g carbs (25%) ● 86g fiber (10%)

### Breakfast

565 cals, 9g protein, 16g net carbs, 45g fat



**Walnut almond trail mix**  
1/4 cup(s)- 216 cals



**Avocado**  
351 cals

### Snacks

380 cals, 13g protein, 34g net carbs, 19g fat



**Sunflower seeds**  
240 cals



**Raisins**  
1/4 cup- 137 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Lunch

845 cals, 42g protein, 57g net carbs, 45g fat



**Crispy chik'n tenders**  
9 1/3 tender(s)- 533 cals



**Tomato and avocado salad**  
313 cals

### Dinner

1135 cals, 53g protein, 100g net carbs, 36g fat



**Lentil pasta**  
673 cals



**Simple kale & avocado salad**  
460 cals

## Day 3

3360 cals ● 287g protein (34%) ● 132g fat (35%) ● 182g carbs (22%) ● 74g fiber (9%)

### Breakfast

490 cals, 48g protein, 16g net carbs, 20g fat



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



**Double chocolate almond milk protein shake**  
251 cals



**Blackberries**  
1 1/4 cup(s)- 87 cals

### Snacks

360 cals, 44g protein, 13g net carbs, 13g fat



**Protein shake (almond milk)**  
315 cals



**Cherry tomatoes**  
12 cherry tomatoes- 42 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Lunch

1055 cals, 47g protein, 91g net carbs, 45g fat



**Vegan meatball sub**  
1 1/2 sub(s)- 702 cals



**Tomato and avocado salad**  
352 cals

### Dinner

1020 cals, 51g protein, 58g net carbs, 52g fat



**Orange**  
2 orange(s)- 170 cals



**Crack slaw with tempeh**  
633 cals



**Walnuts**  
1/3 cup(s)- 219 cals

## Day 4

3360 cals ● 287g protein (34%) ● 132g fat (35%) ● 182g carbs (22%) ● 74g fiber (9%)

### Breakfast

490 cals, 48g protein, 16g net carbs, 20g fat



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



**Double chocolate almond milk protein shake**  
251 cals



**Blackberries**  
1 1/4 cup(s)- 87 cals

### Snacks

360 cals, 44g protein, 13g net carbs, 13g fat



**Protein shake (almond milk)**  
315 cals



**Cherry tomatoes**  
12 cherry tomatoes- 42 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Lunch

1055 cals, 47g protein, 91g net carbs, 45g fat



**Vegan meatball sub**  
1 1/2 sub(s)- 702 cals



**Tomato and avocado salad**  
352 cals

### Dinner

1020 cals, 51g protein, 58g net carbs, 52g fat



**Orange**  
2 orange(s)- 170 cals



**Crack slaw with tempeh**  
633 cals



**Walnuts**  
1/3 cup(s)- 219 cals

## Day 5

3346 cals ● 243g protein (29%) ● 151g fat (41%) ● 171g carbs (20%) ● 81g fiber (10%)

### Breakfast

490 cals, 48g protein, 16g net carbs, 20g fat



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



**Double chocolate almond milk protein shake**  
251 cals



**Blackberries**  
1 1/4 cup(s)- 87 cals

### Snacks

325 cals, 10g protein, 7g net carbs, 27g fat



**Mixed nuts**  
3/8 cup(s)- 327 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Lunch

1075 cals, 47g protein, 122g net carbs, 28g fat



**Simple kale & avocado salad**  
115 cals



**White bean cassoulet**  
962 cals

### Dinner

1015 cals, 42g protein, 23g net carbs, 75g fat



**Roasted almonds**  
1/2 cup(s)- 443 cals



**Buffalo tempeh with vegan ranch**  
393 cals



**Roasted tomatoes**  
3 tomato(es)- 179 cals



## Day 6

3436 cals ● 225g protein (26%) ● 154g fat (40%) ● 207g carbs (24%) ● 82g fiber (10%)

### Breakfast

580 cals, 30g protein, 51g net carbs, 22g fat



**Avocado toast**  
2 slice(s)- 336 cals



**Protein bar**  
1 bar- 245 cals

### Snacks

325 cals, 10g protein, 7g net carbs, 27g fat



**Mixed nuts**  
3/8 cup(s)- 327 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Lunch

1075 cals, 47g protein, 122g net carbs, 28g fat



**Simple kale & avocado salad**  
115 cals



**White bean cassoulet**  
962 cals

### Dinner

1015 cals, 42g protein, 23g net carbs, 75g fat



**Roasted almonds**  
1/2 cup(s)- 443 cals



**Buffalo tempeh with vegan ranch**  
393 cals



**Roasted tomatoes**  
3 tomato(es)- 179 cals

## Day 7

3402 cals ● 224g protein (26%) ● 187g fat (49%) ● 147g carbs (17%) ● 59g fiber (7%)

### Breakfast

580 cals, 30g protein, 51g net carbs, 22g fat



**Avocado toast**  
2 slice(s)- 336 cals



**Protein bar**  
1 bar- 245 cals

### Snacks

325 cals, 10g protein, 7g net carbs, 27g fat



**Mixed nuts**  
3/8 cup(s)- 327 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Lunch

995 cals, 45g protein, 21g net carbs, 73g fat



**Buffalo tofu with vegan ranch**  
675 cals



**Garlic collard greens**  
319 cals

### Dinner

1065 cals, 42g protein, 64g net carbs, 63g fat



**Roasted peanuts**  
3/8 cup(s)- 383 cals



**Lentil kale salad**  
681 cals

# Grocery List



## Legumes and Legume Products

- ☐ tempeh  
26 oz (737g)
- ☐ roasted peanuts  
1 cup (134g)
- ☐ white beans, canned  
2 1/2 can(s) (1098g)
- ☐ lentils, raw  
1/2 cup (84g)
- ☐ firm tofu  
14 oz (397g)

## Fats and Oils

- ☐ oil  
6 1/2 oz (193mL)
- ☐ olive oil  
1 tbsp (16mL)

## Vegetables and Vegetable Products

- ☐ collard greens  
29 1/4 oz (832g)
- ☐ garlic  
15 1/4 clove(s) (46g)
- ☐ kale leaves  
18 2/3 oz (530g)
- ☐ ketchup  
2 1/3 tbsp (40g)
- ☐ onion  
3 medium (2-1/2" dia) (340g)
- ☐ tomatoes  
10 medium whole (2-3/5" dia) (1220g)
- ☐ raw celery  
2 1/2 stalk, medium (7-1/2" - 8" long) (100g)
- ☐ carrots  
5 large (360g)

## Spices and Herbs

- ☐ salt  
1/2 tbsp (9g)
- ☐ garlic powder  
1 tsp (3g)
- ☐ black pepper  
1 tsp, ground (2g)
- ☐ crushed red pepper  
1 tsp (2g)
- ☐ ground cumin  
1 tsp (2g)

## Beverages

- ☐ protein powder  
31 scoop (1/3 cup ea) (961g)
- ☐ water  
34 1/4 cup(s) (8117mL)
- ☐ almond milk, unsweetened  
1/3 gallon (1260mL)

## Other

- ☐ chocolate chips  
4 tsp (19g)
- ☐ lentil pasta  
2/3 lbs (302g)
- ☐ meatless chik'n tenders  
9 1/3 pieces (238g)
- ☐ protein powder, chocolate  
4 1/2 scoop (1/3 cup ea) (140g)
- ☐ sub roll(s)  
3 roll(s) (255g)
- ☐ nutritional yeast  
1 tbsp (4g)
- ☐ vegan meatballs, frozen  
12 meatball(s) (360g)
- ☐ coleslaw mix  
6 cup (540g)
- ☐ vegan ranch  
1/4 lbs (120mL)
- ☐ protein bar (20g protein)  
2 bar (100g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
1 jar (24 oz) (643g)
- ☐ hot sauce  
1 tbsp (15mL)
- ☐ vegetable broth  
1 1/4 cup(s) (mL)
- ☐ Frank's Red Hot sauce  
9 1/4 tbsp (139mL)

## Sweets

- ☐ cocoa powder  
1 1/2 tbsp (8g)

## Baked Products

- ☐ bread  
4 slice (128g)

## Nut and Seed Products

- ☐ sunflower kernels  
4 oz (112g)
- ☐ walnuts  
3 oz (82g)
- ☐ almonds  
6 1/3 oz (179g)
- ☐ mixed nuts  
1 cup (151g)

## Fruits and Fruit Juices

- ☐ raisins  
1/4 lbs (60 raisins) (95g)
  - ☐ avocados  
7 2/3 avocado(s) (1541g)
  - ☐ lemon juice  
1 1/3 fl oz (36mL)
  - ☐ lemon  
2 1/2 small (145g)
  - ☐ lime juice  
1/4 cup (65mL)
  - ☐ blackberries  
3 3/4 cup (540g)
  - ☐ orange  
4 orange (616g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Walnut almond trail mix

1/4 cup(s) - 216 cal ● 5g protein ● 15g fat ● 12g carbs ● 3g fiber



For single meal:

**walnuts**  
4 tsp, chopped (10g)  
**almonds**  
4 tsp, whole (12g)  
**chocolate chips**  
2 tsp (9g)  
**raisins**  
2 tsp (not packed) (6g)

For all 2 meals:

**walnuts**  
2 2/3 tbsp, chopped (19g)  
**almonds**  
2 2/3 tbsp, whole (24g)  
**chocolate chips**  
4 tsp (19g)  
**raisins**  
4 tsp (not packed) (12g)

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

### Avocado

351 cal ● 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.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

### Roasted peanuts

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



For single meal:

**roasted peanuts**  
2 2/3 tbsp (24g)

For all 3 meals:

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

1. The recipe has no instructions.

### Double chocolate almond milk protein shake

251 cal ● 40g protein ● 7g fat ● 5g carbs ● 3g fiber



For single meal:

**water**  
1 1/2 cup(s) (356mL)  
**almond milk, unsweetened**  
3/4 cup (180mL)  
**cocoa powder**  
1/2 tbsp (3g)  
**protein powder, chocolate**  
1 1/2 scoop (1/3 cup ea) (47g)

For all 3 meals:

**water**  
4 1/2 cup(s) (1067mL)  
**almond milk, unsweetened**  
2 1/4 cup (540mL)  
**cocoa powder**  
1 1/2 tbsp (8g)  
**protein powder, chocolate**  
4 1/2 scoop (1/3 cup ea) (140g)

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

### Blackberries

1 1/4 cup(s) - 87 cal ● 3g protein ● 1g fat ● 8g carbs ● 10g fiber



For single meal:

**blackberries**  
1 1/4 cup (180g)

For all 3 meals:

**blackberries**  
3 3/4 cup (540g)

1. Rinse blackberries and serve.

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## Breakfast 3 [↗](#)

Eat on day 6 and day 7

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### Avocado toast

2 slice(s) - 336 cals ● 10g protein ● 17g fat ● 25g carbs ● 11g fiber



For single meal:

**bread**  
2 slice (64g)  
**avocados, ripe, sliced**  
1/2 avocado(s) (101g)

For all 2 meals:

**bread**  
4 slice (128g)  
**avocados, ripe, sliced**  
1 avocado(s) (201g)

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

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### Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

**protein bar (20g protein)**  
1 bar (50g)

For all 2 meals:

**protein bar (20g protein)**  
2 bar (100g)

1. The recipe has no instructions.
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## Lunch 1 [↗](#)

Eat on day 1

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### Basic tempeh

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



Makes 6 oz

#### tempeh

6 oz (170g)

#### oil

1 tbsp (15mL)

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

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### Garlic collard greens

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



#### 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)

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.
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## Lunch 2 [↗](#)

Eat on day 2

### Crispy chik'n tenders

9 1/3 tender(s) - 533 cals ● 38g protein ● 21g fat ● 48g carbs ● 0g fiber



Makes 9 1/3 tender(s)

**meatless chik'n tenders**

9 1/3 pieces (238g)

**ketchup**

2 1/3 tbsp (40g)

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

### Tomato and avocado salad

313 cals ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



**onion**

4 tsp minced (20g)

**lime juice**

4 tsp (20mL)

**olive oil**

1 tsp (5mL)

**garlic powder**

1/3 tsp (1g)

**salt**

1/3 tsp (2g)

**black pepper**

1/3 tsp, ground (1g)

**avocados, cubed**

2/3 avocado(s) (134g)

**tomatoes, diced**

2/3 medium whole (2-3/5" dia) (82g)

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.

## Lunch 3 [↗](#)

Eat on day 3 and day 4

### Vegan meatball sub

1 1/2 sub(s) - 702 cals ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



For single meal:

**sub roll(s)**  
1 1/2 roll(s) (128g)  
**nutritional yeast**  
1/2 tbsp (2g)  
**pasta sauce**  
6 tbsp (98g)  
**vegan meatballs, frozen**  
6 meatball(s) (180g)

For all 2 meals:

**sub roll(s)**  
3 roll(s) (255g)  
**nutritional yeast**  
1 tbsp (4g)  
**pasta sauce**  
3/4 cup (195g)  
**vegan meatballs, frozen**  
12 meatball(s) (360g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

### Tomato and avocado salad

352 cals ● 5g protein ● 27g fat ● 10g carbs ● 12g fiber



For single meal:

**onion**  
1 1/2 tbsp minced (23g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**olive oil**  
1 tsp (6mL)  
**garlic powder**  
3 dash (1g)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)  
**avocados, cubed**  
3/4 avocado(s) (151g)  
**tomatoes, diced**  
3/4 medium whole (2-3/5" dia)  
(92g)

For all 2 meals:

**onion**  
3 tbsp minced (45g)  
**lime juice**  
3 tbsp (45mL)  
**olive oil**  
3/4 tbsp (11mL)  
**garlic powder**  
1/4 tbsp (2g)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**avocados, cubed**  
1 1/2 avocado(s) (302g)  
**tomatoes, diced**  
1 1/2 medium whole (2-3/5" dia)  
(185g)

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.



## Lunch 4 [↗](#)

Eat on day 5 and day 6

### Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

**kale leaves, chopped**  
1/4 bunch (43g)  
**avocados, chopped**  
1/4 avocado(s) (50g)  
**lemon, juiced**  
1/4 small (15g)

For all 2 meals:

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

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.

### White bean cassoulet

962 cals ● 44g protein ● 20g fat ● 117g carbs ● 35g fiber



For single meal:

**vegetable broth**  
5/8 cup(s) (mL)  
**oil**  
1 1/4 tbsp (19mL)  
**raw celery, thinly sliced**  
1 1/4 stalk, medium (7-1/2" - 8" long) (50g)  
**carrots, peeled & slices**  
2 1/2 large (180g)  
**onion, diced**  
1 1/4 medium (2-1/2" dia) (138g)  
**garlic, minced**  
2 1/2 clove(s) (8g)  
**white beans, canned, drained & rinsed**  
1 1/4 can(s) (549g)

For all 2 meals:

**vegetable broth**  
1 1/4 cup(s) (mL)  
**oil**  
2 1/2 tbsp (38mL)  
**raw celery, thinly sliced**  
2 1/2 stalk, medium (7-1/2" - 8" long) (100g)  
**carrots, peeled & slices**  
5 large (360g)  
**onion, diced**  
2 1/2 medium (2-1/2" dia) (275g)  
**garlic, minced**  
5 clove(s) (15g)  
**white beans, canned, drained & rinsed**  
2 1/2 can(s) (1098g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

## Lunch 5 [↗](#)

Eat on day 7

### Buffalo tofu with vegan ranch

675 cals ● 31g protein ● 56g fat ● 12g carbs ● 1g fiber



**oil**  
1 tbsp (15mL)  
**Frank's Red Hot sauce**  
1/3 cup (79mL)  
**vegan ranch**  
4 tbsp (60mL)  
**firm tofu, patted dry & cubed**  
14 oz (397g)

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.

### Garlic collard greens

319 cals ● 14g protein ● 17g fat ● 9g carbs ● 18g fiber



**collard greens**  
1 lbs (454g)  
**oil**  
1 tbsp (15mL)  
**salt**  
2 dash (2g)  
**garlic, minced**  
3 clove(s) (9g)

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.

## Snacks 1 [🔗](#)

Eat on day 1 and day 2

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### 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.
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### Raisins

1/4 cup - 137 cals ● 1g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

**raisins**  
4 tbsp, packed (41g)

For all 2 meals:

**raisins**  
1/2 cup, packed (83g)

1. The recipe has no instructions.
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## Snacks 2 [↗](#)

Eat on day 3 and day 4

### Protein shake (almond milk)

315 cals ● 43g protein ● 12g fat ● 8g carbs ● 2g fiber



For single meal:

**almond milk, unsweetened**

1 1/2 cup (360mL)

**protein powder**

1 1/2 scoop (1/3 cup ea) (47g)

For all 2 meals:

**almond milk, unsweetened**

3 cup (720mL)

**protein powder**

3 scoop (1/3 cup ea) (93g)

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

### Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

**tomatoes**

12 cherry tomatoes (204g)

For all 2 meals:

**tomatoes**

24 cherry tomatoes (408g)

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

## Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

### Mixed nuts

3/8 cup(s) - 327 cals ● 10g protein ● 27g fat ● 7g carbs ● 3g fiber



For single meal:

**mixed nuts**  
6 tbsp (50g)

For all 3 meals:

**mixed nuts**  
1 cup (151g)

1. The recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Lentil pasta

673 cals ● 43g protein ● 5g fat ● 81g carbs ● 32g fiber



For single meal:

**pasta sauce**  
1/3 jar (24 oz) (224g)  
**lentil pasta**  
1/3 lbs (151g)

For all 2 meals:

**pasta sauce**  
2/3 jar (24 oz) (448g)  
**lentil pasta**  
2/3 lbs (302g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

### Simple kale & avocado salad

460 cals ● 9g protein ● 31g fat ● 19g carbs ● 18g fiber



For single meal:

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

For all 2 meals:

**kale leaves, chopped**  
2 bunch (340g)  
**avocados, chopped**  
2 avocado(s) (402g)  
**lemon, juiced**  
2 small (116g)

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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## Dinner 2 [↗](#)

Eat on day 3 and day 4

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### Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

**orange**  
2 orange (308g)

For all 2 meals:

**orange**  
4 orange (616g)

1. The recipe has no instructions.

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## 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.

### Walnuts

1/3 cup(s) - 219 cals ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



For single meal:

**walnuts**  
5 tbsp, shelled (31g)

For all 2 meals:

**walnuts**  
10 tbsp, shelled (63g)

1. The recipe has no instructions.
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## Dinner 3 [🔗](#)

Eat on day 5 and day 6

### Roasted almonds

1/2 cup(s) - 443 cals ● 15g protein ● 36g fat ● 6g carbs ● 9g fiber



For single meal:

**almonds**  
1/2 cup, whole (72g)

For all 2 meals:

**almonds**  
1 cup, whole (143g)

1. The recipe has no instructions.

### Buffalo tempeh with vegan ranch

393 cals ● 24g protein ● 25g fat ● 10g carbs ● 8g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**Frank's Red Hot sauce**  
2 tbsp (30mL)  
**tempeh, roughly chopped**  
4 oz (113g)  
**vegan ranch**  
2 tbsp (30mL)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**Frank's Red Hot sauce**  
4 tbsp (60mL)  
**tempeh, roughly chopped**  
1/2 lbs (227g)  
**vegan ranch**  
4 tbsp (60mL)

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 tomatoes

3 tomato(es) - 179 cals ● 2g protein ● 14g fat ● 7g carbs ● 3g fiber





For single meal:

**oil**  
1 tbsp (15mL)  
**tomatoes**  
3 small whole (2-2/5" dia) (273g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**tomatoes**  
6 small whole (2-2/5" dia) (546g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

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## Dinner 4 [↗](#)

Eat on day 7

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### Roasted peanuts

3/8 cup(s) - 383 cal● 15g protein ● 31g fat ● 8g carbs ● 5g fiber



Makes 3/8 cup(s)

**roasted peanuts**  
6 2/3 tbsp (61g)

1. The recipe has no instructions.

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### Lentil kale salad

681 cal● 27g protein ● 33g fat ● 57g carbs ● 13g fiber



**lentils, raw**  
1/2 cup (84g)  
**lemon juice**  
1 3/4 tbsp (26mL)  
**almonds**  
1 3/4 tbsp, slivered (12g)  
**oil**  
1 3/4 tbsp (26mL)  
**kale leaves**  
2 1/2 cup, chopped (105g)  
**crushed red pepper**  
1 tsp (2g)  
**water**  
1 3/4 cup(s) (415mL)  
**ground cumin**  
1 tsp (2g)  
**garlic, diced**  
1 3/4 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. Sautee 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.
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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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