

# Meal Plan - 3500 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

3515 cals ● 223g protein (25%) ● 171g fat (44%) ● 211g carbs (24%) ● 60g fiber (7%)

### Breakfast

585 cals, 16g protein, 49g net carbs, 33g fat



**Small granola bar**  
3 bar(s)- 357 cals



**Roasted peanuts**  
1/4 cup(s)- 230 cals

### Lunch

1110 cals, 62g protein, 52g net carbs, 60g fat



**Sunflower seeds**  
361 cals



**Grapefruit**  
1 grapefruit- 119 cals



**Crack slaw with tempeh**  
633 cals

### Snacks

285 cals, 8g protein, 10g net carbs, 21g fat



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



**Kale chips**  
138 cals

### Dinner

1095 cals, 39g protein, 97g net carbs, 54g fat



**Vegan guinness stew**  
549 cals



**Simple mixed greens and tomato salad**  
151 cals



**Chips and guacamole**  
394 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

## Day 2

3463 cals ● 221g protein (26%) ● 180g fat (47%) ● 191g carbs (22%) ● 51g fiber (6%)

### Breakfast

585 cals, 16g protein, 49g net carbs, 33g fat



**Small granola bar**  
3 bar(s)- 357 cals



**Roasted peanuts**  
1/4 cup(s)- 230 cals

### Lunch

1055 cals, 48g protein, 73g net carbs, 59g fat



**Walnuts**  
1/2 cup(s)- 306 cals



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



**Celery sticks**  
2 celery stalk- 13 cals

### Snacks

285 cals, 8g protein, 10g net carbs, 21g fat



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



**Kale chips**  
138 cals

### Dinner

1100 cals, 52g protein, 56g net carbs, 64g fat



**Buffalo tempeh with vegan ranch**  
785 cals



**Roasted rosemary sweet potatoes**  
315 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

## Day 3

3494 cals ● 225g protein (26%) ● 183g fat (47%) ● 178g carbs (20%) ● 59g fiber (7%)

### Breakfast

580 cals, 20g protein, 61g net carbs, 25g fat



**Avocado**  
176 cals



**Soy milk yogurt**  
3 container- 407 cals

### Lunch

1090 cals, 48g protein, 48g net carbs, 70g fat



**Lemon pepper tofu**  
17 1/2 oz- 630 cals



**Simple kale & avocado salad**  
460 cals

### Snacks

285 cals, 8g protein, 10g net carbs, 21g fat



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



**Kale chips**  
138 cals

### Dinner

1100 cals, 52g protein, 56g net carbs, 64g fat



**Buffalo tempeh with vegan ranch**  
785 cals



**Roasted rosemary sweet potatoes**  
315 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

## Day 4

3522 cals ● 233g protein (26%) ● 204g fat (52%) ● 148g carbs (17%) ● 40g fiber (5%)

### Breakfast

580 cals, 20g protein, 61g net carbs, 25g fat



**Avocado**  
176 cals



**Soy milk yogurt**  
3 container- 407 cals

### Snacks

305 cals, 20g protein, 6g net carbs, 19g fat



**Almond protein balls**  
1 ball(s)- 135 cals



**Soy milk**  
2 cup(s)- 169 cals

### Lunch

1090 cals, 48g protein, 48g net carbs, 70g fat



**Lemon pepper tofu**  
17 1/2 oz- 630 cals



**Simple kale & avocado salad**  
460 cals

### Dinner

1110 cals, 48g protein, 30g net carbs, 87g fat



**Buffalo tofu with vegan ranch**  
1013 cals



**Baked fries**  
97 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

## Day 5

3453 cals ● 239g protein (28%) ● 180g fat (47%) ● 166g carbs (19%) ● 53g fiber (6%)

### Breakfast

580 cals, 20g protein, 61g net carbs, 25g fat



**Avocado**  
176 cals



**Soy milk yogurt**  
3 container- 407 cals

### Snacks

305 cals, 20g protein, 6g net carbs, 19g fat



**Almond protein balls**  
1 ball(s)- 135 cals



**Soy milk**  
2 cup(s)- 169 cals

### Lunch

1085 cals, 47g protein, 26g net carbs, 84g fat



**Walnut crusted tofu (vegan)**  
995 cals



**Carrot fries**  
92 cals

### Dinner

1045 cals, 56g protein, 70g net carbs, 49g fat



**Basic tempeh**  
8 oz- 590 cals



**Simple mixed greens salad**  
68 cals



**Baked fries**  
386 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

## Day 6

3553 cals ● 225g protein (25%) ● 208g fat (53%) ● 121g carbs (14%) ● 75g fiber (8%)

### Breakfast

495 cals, 21g protein, 40g net carbs, 24g fat



**High-protein granola bar**  
2 bar(s)- 408 cals



**Orange**  
1 orange(s)- 85 cals

### Snacks

385 cals, 13g protein, 20g net carbs, 19g fat



**Roasted almonds**  
1/4 cup(s)- 222 cals



**Blackberries**  
1 3/4 cup(s)- 122 cals



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

### Lunch

1085 cals, 47g protein, 26g net carbs, 84g fat



**Walnut crusted tofu (vegan)**  
995 cals



**Carrot fries**  
92 cals

### Dinner

1150 cals, 47g protein, 32g net carbs, 78g fat



**Zoodles with avocado sauce**  
588 cals



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



**Pumpkin seeds**  
366 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

# Day 7

3454 cals ● 223g protein (26%) ● 157g fat (41%) ● 201g carbs (23%) ● 86g fiber (10%)

## Breakfast

495 cals, 21g protein, 40g net carbs, 24g fat



**High-protein granola bar**  
2 bar(s)- 408 cals



**Orange**  
1 orange(s)- 85 cals

## Snacks

385 cals, 13g protein, 20g net carbs, 19g fat



**Roasted almonds**  
1/4 cup(s)- 222 cals



**Blackberries**  
1 3/4 cup(s)- 122 cals



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

## Lunch

985 cals, 45g protein, 106g net carbs, 33g fat



**Simple seitan**  
3 oz- 183 cals



**Simple kale & avocado salad**  
403 cals



**Couscous**  
402 cals

## Dinner

1150 cals, 47g protein, 32g net carbs, 78g fat



**Zoodles with avocado sauce**  
588 cals



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



**Pumpkin seeds**  
366 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

- sunflower kernels  
2 1/2 oz (75g)
- almonds  
1 cup, whole (143g)
- walnuts  
6 1/3 oz (179g)
- almond butter  
2 tbsp (31g)
- roasted pumpkin seeds, unsalted  
1 cup (118g)

## Fruits and Fruit Juices

- grapefruit  
1 large (approx 4-1/2" dia) (332g)
- avocados  
7 avocado(s) (1382g)
- lemon juice  
4 1/2 fl oz (138mL)
- lemon  
5 1/2 small (312g)
- blackberries  
3 1/2 cup (504g)
- orange  
2 orange (308g)

## Other

- coleslaw mix  
3 cup (270g)
- dark beer (e.g. Guinness)  
1/2 bottle (12 oz) (mL)
- mixed greens  
4 1/2 cup (135g)
- guacamole, store-bought  
6 tbsp (93g)
- vegan chick'n nuggets  
13 1/3 nuggets (287g)
- vegan ranch  
1/2 lbs (210mL)
- soy milk yogurt  
9 container(s) (1352g)
- almond flour  
1 tbsp (7g)
- soy milk, unsweetened  
8 2/3 cup(s) (mL)

## Soups, Sauces, and Gravies

## Legumes and Legume Products

- tempeh  
30 oz (851g)
- roasted peanuts  
1/2 cup (73g)
- soy sauce  
1/2 tbsp (8mL)
- firm tofu  
5 1/4 lbs (2381g)

## Spices and Herbs

- salt  
1 tbsp (21g)
- fresh thyme  
1/4 tbsp (1g)
- black pepper  
1 1/4 tsp, ground (3g)
- rosemary, dried  
4 g (4g)
- lemon pepper  
1 1/4 tsp (3g)
- dijon mustard  
1/4 cup (53g)
- fresh basil  
2 1/2 cup leaves, whole (60g)

## Beverages

- protein powder  
2 lbs (874g)
- water  
29 cup(s) (6833mL)

## Snacks

- small granola bar  
6 bar (150g)
- tortilla chips  
1 1/2 oz (43g)
- high-protein granola bar  
4 bar (160g)

## Cereal Grains and Pasta

- all-purpose flour  
1/2 tbsp (4g)
- seitan  
6 1/2 oz (184g)
- cornstarch  
5 tbsp (40g)

- hot sauce**  
1/2 tbsp (8mL)
- Frank's Red Hot sauce**  
1 cup (240mL)

- instant couscous, flavored**  
2/3 box (5.8 oz) (110g)

## Sweets

- brown sugar**  
1/2 tbsp (6g)

## Fats and Oils

- oil**  
5 oz (146mL)
- olive oil**  
6 tbsp (89mL)
- salad dressing**  
1/4 cup (68mL)
- vegan mayonnaise**  
1/2 cup (105g)

## Vegetables and Vegetable Products

- garlic**  
9 1/4 clove(s) (28g)
- kale leaves**  
5 bunch (829g)
- potatoes**  
1 1/4 lbs (568g)
- onion**  
1/4 medium (2-1/2" dia) (28g)
- raw celery**  
2 3/4 stalk, medium (7-1/2" - 8" long) (110g)
- carrots**  
4 1/4 medium (257g)
- tomatoes**  
7 1/2 medium whole (2-3/5" dia) (908g)
- ketchup**  
3 1/3 tbsp (57g)
- sweet potatoes**  
2 sweetpotato, 5" long (420g)
- zucchini**  
2 1/2 large (808g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Small granola bar

3 bar(s) - 357 cals ● 8g protein ● 15g fat ● 44g carbs ● 4g fiber



For single meal:

**small granola bar**  
3 bar (75g)

For all 2 meals:

**small granola bar**  
6 bar (150g)

1. The recipe has no instructions.

### Roasted peanuts

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



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### 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 3 meals:

**avocados**  
1 1/2 avocado(s) (302g)  
**lemon juice**  
1/2 tbsp (8mL)

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

### Soy milk yogurt

3 container - 407 cals ● 18g protein ● 11g fat ● 59g carbs ● 1g fiber



For single meal:

**soy milk yogurt**  
3 container(s) (451g)

For all 3 meals:

**soy milk yogurt**  
9 container(s) (1352g)

1. The recipe has no instructions.

## Breakfast 3 ↗

Eat on day 6 and day 7

### High-protein granola bar

2 bar(s) - 408 cals ● 20g protein ● 24g fat ● 24g carbs ● 4g fiber



For single meal:

**high-protein granola bar**  
2 bar (80g)

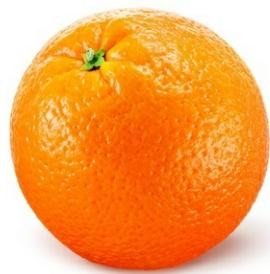
For all 2 meals:

**high-protein granola bar**  
4 bar (160g)

1. The recipe has no instructions.

## Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 2 meals:

**orange**  
2 orange (308g)

1. The recipe has no instructions.

## Lunch 1 ↗

Eat on day 1

### Sunflower seeds

361 cals ● 17g protein ● 28g fat ● 5g carbs ● 5g fiber



**sunflower kernels**  
2 oz (57g)

1. The recipe has no instructions.

## Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



Makes 1 grapefruit

**Grapefruit**

1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

## 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.

## Lunch 2 ↗

Eat on day 2

### Walnuts

1/2 cup(s) - 306 cals ● 7g protein ● 29g fat ● 3g carbs ● 3g fiber

Makes 1/2 cup(s)

**walnuts**

1/2 cup, shelled (44g)

1. The recipe has no instructions.



### Chik'n nuggets

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

Makes 13 1/3 nuggets

**ketchup**

3 1/3 tbsp (57g)

**vegan chik'n nuggets**

13 1/3 nuggets (287g)

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



### Celery sticks

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

Makes 2 celery stalk

**raw celery**

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

1. Slice celery into sticks and serve.



## Lunch 3 ↗

Eat on day 3 and day 4

### Lemon pepper tofu

17 1/2 oz - 630 cals ● 39g protein ● 40g fat ● 29g carbs ● 1g fiber



For single meal:

**cornstarch**  
2 1/2 tbsp (20g)  
**oil**  
1 1/4 tbsp (19mL)  
**lemon pepper**  
5 dash (1g)  
**lemon, zested**  
1 1/4 small (73g)  
**firm tofu, patted dry & cubed**  
17 1/2 oz (496g)

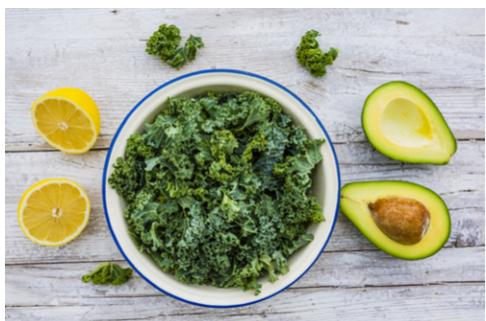
For all 2 meals:

**cornstarch**  
5 tbsp (40g)  
**oil**  
2 1/2 tbsp (38mL)  
**lemon pepper**  
1 1/4 tsp (3g)  
**lemon, zested**  
2 1/2 small (145g)  
**firm tofu, patted dry & cubed**  
35 oz (992g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. 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.

## Lunch 4 ↗

Eat on day 5 and day 6

### Walnut crusted tofu (vegan)

995 cals ● 46g protein ● 79g fat ● 19g carbs ● 7g fiber



For single meal:

**lemon juice**  
1 3/4 tsp (9mL)  
**dijon mustard**  
1 3/4 tbsp (26g)  
**vegan mayonnaise**  
1/4 cup (53g)  
**walnuts**  
9 1/4 tbsp, chopped (68g)  
**firm tofu, drained**  
14 oz (397g)  
**garlic, diced**  
3 1/2 clove(s) (11g)

For all 2 meals:

**lemon juice**  
3 1/2 tsp (18mL)  
**dijon mustard**  
1/4 cup (53g)  
**vegan mayonnaise**  
1/2 cup (105g)  
**walnuts**  
18 1/2 tbsp, chopped (135g)  
**firm tofu, drained**  
1 3/4 lbs (794g)  
**garlic, diced**  
7 clove(s) (21g)

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.

### Carrot fries

92 cals ● 1g protein ● 5g fat ● 8g carbs ● 3g fiber



For single meal:

**olive oil**  
1 tsp (5mL)  
**rosemary, dried**  
1/3 tsp (0g)  
**salt**  
2/3 dash (1g)  
**carrots, peeled**  
4 oz (113g)

For all 2 meals:

**olive oil**  
2 tsp (10mL)  
**rosemary, dried**  
1/4 tbsp (1g)  
**salt**  
1 1/3 dash (1g)  
**carrots, peeled**  
1/2 lbs (227g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.

## Lunch 5 ↗

Eat on day 7

### Simple seitan

3 oz - 183 cals ● 23g protein ● 6g fat ● 10g carbs ● 0g fiber



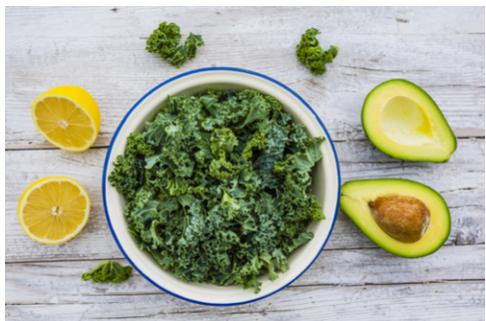
Makes 3 oz

**seitan**  
3 oz (85g)  
**oil**  
1/4 tbsp (4mL)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

### Simple kale & avocado salad

403 cals ● 8g protein ● 27g fat ● 16g carbs ● 16g fiber



**kale leaves, chopped**  
7/8 bunch (149g)  
**avocados, chopped**  
7/8 avocado(s) (176g)  
**lemon, juiced**  
7/8 small (51g)

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.

### Couscous

402 cals ● 14g protein ● 1g fat ● 79g carbs ● 5g fiber



**instant couscous, flavored**  
2/3 box (5.8 oz) (110g)

1. Follow instructions on package.

## Snacks 1 ↗

Eat on day 1, day 2, and day 3

### Roasted almonds

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



For single meal:

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

For all 3 meals:

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

1. The recipe has no instructions.

### Kale chips

138 cals ● 3g protein ● 10g fat ● 7g carbs ● 2g fiber



For single meal:

**salt**  
1/4 tbsp (4g)  
**kale leaves**  
2/3 bunch (113g)  
**olive oil**  
2 tsp (10mL)

For all 3 meals:

**salt**  
2 tsp (12g)  
**kale leaves**  
2 bunch (340g)  
**olive oil**  
2 tbsp (30mL)

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

## Snacks 2 ↗

Eat on day 4 and day 5

### Almond protein balls

1 ball(s) - 135 cals ● 6g protein ● 10g fat ● 2g carbs ● 2g fiber



For single meal:

**almond butter**  
1 tbsp (16g)  
**almond flour**  
1/2 tbsp (4g)  
**protein powder**  
1/2 tbsp (3g)

For all 2 meals:

**almond butter**  
2 tbsp (31g)  
**almond flour**  
1 tbsp (7g)  
**protein powder**  
1 tbsp (6g)

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

### Soy milk

2 cup(s) - 169 cals ● 14g protein ● 9g fat ● 4g carbs ● 4g fiber



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 6 and day 7

### Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

**almonds**  
4 tbsp, whole (36g)

For all 2 meals:

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

1. The recipe has no instructions.

### Blackberries

1 3/4 cup(s) - 122 cals ● 4g protein ● 1g fat ● 11g carbs ● 13g fiber



For single meal:

**blackberries**  
1 3/4 cup (252g)

For all 2 meals:

**blackberries**  
3 1/2 cup (504g)

1. Rinse blackberries and 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.

## Dinner 1 ↗

Eat on day 1

### Vegan guinness stew

549 cals ● 30g protein ● 20g fat ● 57g carbs ● 5g fiber



**fresh thyme, chopped**  
1/4 tbsp (1g)  
**all-purpose flour**  
1/2 tbsp (4g)  
**dark beer (e.g. Guinness)**  
1/2 bottle (12 oz) (mL)  
**brown sugar**  
1/2 tbsp (6g)  
**black pepper**  
2 dash, ground (1g)  
**salt**  
2 dash (2g)  
**soy sauce**  
1/2 tbsp (8mL)  
**olive oil**  
1 1/4 tbsp (19mL)  
**garlic, minced**  
3/4 clove(s) (2g)  
**seitan, cut into bite-size pieces**  
1/4 lbs (99g)  
**potatoes, diced**  
1/2 medium (2+1/4" to 3-1/4" dia.)  
(107g)  
**onion, diced**  
1/4 medium (2-1/2" dia) (28g)  
**raw celery, thinly sliced**  
3/4 stalk, medium (7-1/2" - 8" long)  
(30g)  
**carrots, halved lengthwise and thinly sliced**  
1/2 medium (31g)

1. Heat 2 tablespoons olive oil and soy sauce in a skillet over medium-high heat. Saute seitan in hot oil until browned on all sides, about 5 minutes.
2. Heat remaining olive oil in a large pot over medium-high heat. Saute onion, celery, carrots, potatoes, and garlic in hot oil until onions are soft, 3 to 5 minutes. Reduce heat to medium and slowly stir beer into vegetable mixture.
3. Stir brown sugar, flour, thyme, salt, and black pepper into beer mixture; add seitan. Bring mixture to a simmer, reduce heat to low, and cook until stew reduces and thickens, about 45 minutes.

### Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



**mixed greens**  
3 cup (90g)  
**tomatoes**  
1/2 cup cherry tomatoes (75g)  
**salad dressing**  
3 tbsp (45mL)

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

### Chips and guacamole

394 cals ● 6g protein ● 24g fat ● 30g carbs ● 8g fiber



**tortilla chips**  
1 1/2 oz (43g)  
**guacamole, store-bought**  
6 tbsp (93g)

1. Serve guacamole with the tortilla chips.

## Dinner 2 ↗

Eat on day 2 and day 3

### Buffalo tempeh with vegan ranch

785 cals ● 48g protein ● 50g fat ● 19g carbs ● 16g fiber



For single meal:

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

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**Frank's Red Hot sauce**  
1/2 cup (120mL)  
**tempeh, roughly chopped**  
1 lbs (454g)  
**vegan ranch**  
1/2 cup (120mL)

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 rosemary sweet potatoes

315 cals ● 3g protein ● 14g fat ● 37g carbs ● 7g fiber



For single meal:

**olive oil**  
1 tbsp (15mL)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**rosemary, dried**  
1/2 tbsp (2g)  
**sweet potatoes, cut into 1" cubes**  
1 sweetpotato, 5" long (210g)

For all 2 meals:

**olive oil**  
2 tbsp (30mL)  
**salt**  
1 tsp (6g)  
**black pepper**  
1 tsp, ground (2g)  
**rosemary, dried**  
1 tbsp (3g)  
**sweet potatoes, cut into 1" cubes**  
2 sweetpotato, 5" long (420g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

## Dinner 3 ↗

Eat on day 4

### Buffalo tofu with vegan ranch

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



**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)

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.

### Baked fries

97 cals ● 2g protein ● 4g fat ● 12g carbs ● 2g fiber



**potatoes**  
1/4 large (3" to 4-1/4" dia.) (92g)  
**oil**  
1/4 tbsp (4mL)

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.

## Dinner 4 ↗

Eat on day 5

### 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.

### Simple mixed greens salad

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



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

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

### Baked fries

386 cals ● 6g protein ● 14g fat ● 49g carbs ● 9g fiber



**potatoes**  
1 large (3" to 4-1/4" dia.) (369g)  
**oil**  
1 tbsp (15mL)

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.

## Dinner 5 ↗

Eat on day 6 and day 7

### Zoodles with avocado sauce

588 cals ● 13g protein ● 39g fat ● 22g carbs ● 25g fiber



For single meal:

**water**  
3/8 cup(s) (99mL)  
**lemon juice**  
1/4 cup (56mL)  
**fresh basil**  
1 1/4 cup leaves, whole (30g)  
**tomatoes, halved**  
12 1/2 cherry tomatoes (213g)  
**zucchini**  
1 1/4 large (404g)  
**avocados, peeled and seed removed**  
1 1/4 avocado(s) (251g)

For all 2 meals:

**water**  
5/6 cup(s) (197mL)  
**lemon juice**  
1/2 cup (113mL)  
**fresh basil**  
2 1/2 cup leaves, whole (60g)  
**tomatoes, halved**  
25 cherry tomatoes (425g)  
**zucchini**  
2 1/2 large (808g)  
**avocados, peeled and seed removed**  
2 1/2 avocado(s) (503g)

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.

### 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.

### 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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## 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.