

Meal Plan - 1000 calorie 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

955 cals ● 96g protein (40%) ● 30g fat (28%) ● 65g carbs (27%) ● 10g fiber (4%)

Breakfast

145 cals, 6g protein, 27g net carbs, 1g fat



[Medium toasted bagel with 'butter'](#)
1/2 bagel(s)- 145 cals

Lunch

365 cals, 24g protein, 28g net carbs, 16g fat



[Breaded seitan nuggets](#)
302 cals



[Sauteed peppers and onions](#)
63 cals

Dinner

175 cals, 6g protein, 8g net carbs, 11g fat



[Veggie stuffed tomatoes \(dairy-free\)](#)
1 stuffed tomato(es)- 130 cals



[Soy milk](#)
1/2 cup(s)- 42 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Day 2

1035 cals ● 107g protein (41%) ● 29g fat (25%) ● 73g carbs (28%) ● 14g fiber (6%)

Breakfast

145 cals, 6g protein, 27g net carbs, 1g fat



[Medium toasted bagel with 'butter'](#)
1/2 bagel(s)- 145 cals

Lunch

330 cals, 13g protein, 33g net carbs, 14g fat



[Vegan deli smashed avocado sandwich](#)
1/2 sandwich(es)- 193 cals



[Crackers](#)
8 cracker(s)- 135 cals

Dinner

290 cals, 27g protein, 12g net carbs, 13g fat



[Simple seitan](#)
3 oz- 183 cals



[Spinach cauliflower mince](#)
1 1/2 cup(s)- 107 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Day 3

1043 cals ● 96g protein (37%) ● 40g fat (35%) ● 54g carbs (21%) ● 20g fiber (8%)

Breakfast

210 cals, 9g protein, 14g net carbs, 11g fat



Soy milk
1/2 cup(s)- 42 cals



Avocado toast
1 slice(s)- 168 cals

Dinner

230 cals, 14g protein, 5g net carbs, 15g fat



Spinach cauliflower mince
1/2 cup(s)- 36 cals



Buffalo tempeh with vegan ranch
196 cals

Lunch

330 cals, 13g protein, 33g net carbs, 14g fat



Vegan deli smashed avocado sandwich
1/2 sandwich(es)- 193 cals



Crackers
8 cracker(s)- 135 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 4

989 cals ● 95g protein (38%) ● 47g fat (43%) ● 28g carbs (11%) ● 19g fiber (8%)

Breakfast

210 cals, 9g protein, 14g net carbs, 11g fat



Soy milk
1/2 cup(s)- 42 cals



Avocado toast
1 slice(s)- 168 cals

Dinner

230 cals, 14g protein, 5g net carbs, 15g fat



Spinach cauliflower mince
1/2 cup(s)- 36 cals



Buffalo tempeh with vegan ranch
196 cals

Lunch

275 cals, 13g protein, 7g net carbs, 20g fat



Tomato and avocado salad
117 cals



Cajun tofu
157 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 5

1034 cals ● 99g protein (38%) ● 34g fat (30%) ● 57g carbs (22%) ● 27g fiber (10%)

Breakfast

190 cals, 10g protein, 16g net carbs, 7g fat



Soy milk
1/2 cup(s)- 42 cals



Hummus toast
1 slice(s)- 146 cals

Dinner

290 cals, 14g protein, 28g net carbs, 9g fat



Simple kale salad
1/2 cup(s)- 28 cals



Vegan chickpea & chickpea pasta
262 cals

Lunch

285 cals, 14g protein, 11g net carbs, 16g fat



Carrot & grounds stir fry
166 cals



Tomato and avocado salad
117 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 6

1015 cals ● 91g protein (36%) ● 26g fat (23%) ● 86g carbs (34%) ● 18g fiber (7%)

Breakfast

190 cals, 10g protein, 16g net carbs, 7g fat



Soy milk
1/2 cup(s)- 42 cals



Hummus toast
1 slice(s)- 146 cals

Dinner

240 cals, 9g protein, 31g net carbs, 6g fat



Spinach soup
108 cals



Naan bread
1/2 piece(s)- 131 cals

Lunch

315 cals, 11g protein, 37g net carbs, 11g fat



Broccoli & hummus flatbread
1/2 flatbread(s)- 315 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 7

1015 cals ● 91g protein (36%) ● 26g fat (23%) ● 86g carbs (34%) ● 18g fiber (7%)

Breakfast

190 cals, 10g protein, 16g net carbs, 7g fat



Soy milk
1/2 cup(s)- 42 cals



Hummus toast
1 slice(s)- 146 cals

Dinner

240 cals, 9g protein, 31g net carbs, 6g fat



Spinach soup
108 cals



Naan bread
1/2 piece(s)- 131 cals

Lunch

315 cals, 11g protein, 37g net carbs, 11g fat



Broccoli & hummus flatbread
1/2 flatbread(s)- 315 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals



Baked Products

- ☐ bagel
1 medium bagel (3-1/2" to 4" dia) (105g)
- ☐ bread crumbs
1 3/4 tbsp (12g)
- ☐ bread
1/2 lbs (224g)
- ☐ crackers
16 crackers (56g)
- ☐ naan bread
1/2 lbs (216g)

Other

- ☐ vegan butter
3/4 tbsp (11g)
- ☐ italian seasoning
4 dash (2g)
- ☐ vegan cheese, shredded
4 tsp (9g)
- ☐ soy milk, unsweetened
3 cup(s) (mL)
- ☐ frozen riced cauliflower
2 1/2 cup, frozen (265g)
- ☐ plant-based deli slices
5 slices (52g)
- ☐ mixed greens
1/4 package (5.5 oz) (43g)
- ☐ vegan ranch
2 tbsp (31mL)
- ☐ nutritional yeast
4 dash (1g)
- ☐ chickpea pasta
1 oz (28g)

Spices and Herbs

- ☐ garlic powder
1/2 tsp (2g)
- ☐ black pepper
1/4 tsp, ground (1g)
- ☐ ground cumin
1/4 tbsp (1g)
- ☐ ground coriander
1 1/2 dash (0g)
- ☐ salt
1/3 tsp (2g)
- ☐ cajun seasoning
4 dash (1g)
- ☐ crushed red pepper
1/3 tsp (1g)

Vegetables and Vegetable Products

- ☐ ketchup
4 tsp (23g)
- ☐ onion
1 1/2 medium (2-1/2" dia) (178g)
- ☐ bell pepper
1/2 large (82g)
- ☐ fresh spinach
5/8 10oz package (166g)
- ☐ tomatoes
1 1/2 medium whole (2-3/5" dia) (185g)
- ☐ zucchini
1/4 large (81g)
- ☐ garlic
5 clove(s) (14g)
- ☐ carrots
2/3 large (48g)
- ☐ fresh cilantro
1/2 tbsp, chopped (2g)
- ☐ kale leaves
1/2 cup, chopped (20g)
- ☐ broccoli
1 1/2 cup chopped (137g)
- ☐ fresh ginger
1 inch (2.5cm) cube (5g)

Cereal Grains and Pasta

- ☐ seitan
5 2/3 oz (161g)

Beverages

- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ water
17 1/2 cup (4186mL)

Soups, Sauces, and Gravies

- ☐ hot sauce
1 tsp (5mL)
- ☐ Frank's Red Hot sauce
2 tbsp (31mL)
- ☐ vegetable broth
5/8 cup(s) (mL)

Fruits and Fruit Juices

- ☐ avocados
1 1/3 avocado(s) (268g)

Fats and Oils

- ☐ oil
2 oz (65mL)
- ☐ olive oil
3/4 tbsp (11mL)
- ☐ salad dressing
1/2 tbsp (8mL)

- ☐ lime juice
1/2 fl oz (18mL)
- ☐ lemon juice
1/2 tbsp (8mL)

Legumes and Legume Products

- ☐ soy sauce
3 1/2 tsp (18mL)
 - ☐ tempeh
4 oz (113g)
 - ☐ firm tofu
5 oz (142g)
 - ☐ hummus
6 oz (174g)
 - ☐ vegetarian burger crumbles
2 oz (57g)
 - ☐ chickpeas, canned
1/2 can(s) (224g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Medium toasted bagel with 'butter'

1/2 bagel(s) - 145 cal ● 6g protein ● 1g fat ● 27g carbs ● 1g fiber



For single meal:

bagel

1/2 medium bagel (3-1/2" to 4" dia)
(53g)

vegan butter

1/4 tbsp (4g)

For all 2 meals:

bagel

1 medium bagel (3-1/2" to 4" dia)
(105g)

vegan butter

1/2 tbsp (7g)

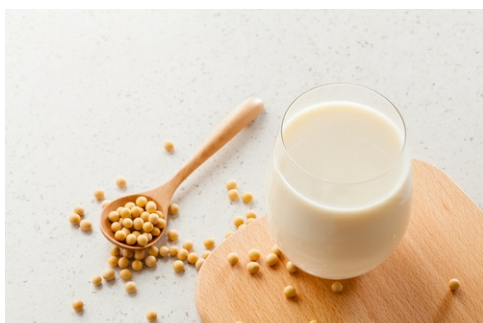
1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Soy milk

1/2 cup(s) - 42 cal ● 4g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

soy milk, unsweetened

1/2 cup(s) (mL)

For all 2 meals:

soy milk, unsweetened

1 cup(s) (mL)

1. The recipe has no instructions.

Avocado toast

1 slice(s) - 168 cal ● 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 2 meals:

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

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

Breakfast 3 [🔗](#)

Eat on day 5, day 6, and day 7

Soy milk

1/2 cup(s) - 42 cals ● 4g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

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

For all 3 meals:

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

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 3 meals:

bread
3 slice (96g)
hummus
1/2 cup (113g)

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

Lunch 1 [↗](#)

Eat on day 1

Breaded seitan nuggets

302 cals ● 23g protein ● 12g fat ● 24g carbs ● 1g fiber



garlic powder

1/3 tsp (1g)

oil

2 tsp (10mL)

soy sauce

2 tsp (10mL)

black pepper

1/3 dash, ground (0g)

ground cumin

1 1/3 dash (0g)

ground coriander

1 1/3 dash (0g)

bread crumbs

1 3/4 tbsp (12g)

ketchup

4 tsp (23g)

seitan, broken into bite-sized pieces

2 2/3 oz (76g)

1. In a small bowl, combine bread crumbs, garlic powder, coriander, cumin, and black pepper. In a separate bowl, add the soy sauce.
2. Dip the seitan nuggets in the soy sauce, then in the bread crumb mixture until fully coated. Set aside.
3. Heat oil in a skillet over medium heat. Fry seitan until browned on all sides.
4. Serve with ketchup.

Sauteed peppers and onions

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



oil

1/4 tbsp (4mL)

onion, sliced

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

bell pepper, sliced into strips

1/2 large (82g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Lunch 2 [🔗](#)

Eat on day 2 and day 3

Vegan deli smashed avocado sandwich

1/2 sandwich(es) - 193 cals ● 11g protein ● 8g fat ● 15g carbs ● 5g fiber



For single meal:

plant-based deli slices

2 1/2 slices (26g)

bread

1 slice(s) (32g)

hot sauce

1/2 tsp (3mL)

mixed greens

4 tbsp (8g)

avocados, peeled & deseeded

1/6 avocado(s) (34g)

For all 2 meals:

plant-based deli slices

5 slices (52g)

bread

2 slice(s) (64g)

hot sauce

1 tsp (5mL)

mixed greens

1/2 cup (15g)

avocados, peeled & deseeded

1/3 avocado(s) (67g)

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.

Crackers

8 cracker(s) - 135 cals ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber



For single meal:

crackers

8 crackers (28g)

For all 2 meals:

crackers

16 crackers (56g)

1. Enjoy.

Lunch 3 [↗](#)

Eat on day 4

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)

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.

Cajun tofu

157 cals ● 11g protein ● 11g fat ● 4g carbs ● 0g fiber



cajun seasoning
4 dash (1g)
oil
1 tsp (5mL)
firm tofu, patted dry & cubed
5 oz (142g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Lunch 4 [↗](#)

Eat on day 5

Carrot & grounds stir fry

166 cals ● 12g protein ● 7g fat ● 8g carbs ● 5g fiber



carrots
2/3 large (48g)
vegetarian burger crumbles
2 oz (57g)
soy sauce
1/2 tbsp (8mL)
water
1 tsp (5mL)
crushed red pepper
2/3 dash (0g)
lime juice
1/2 tsp (3mL)
oil
1 tsp (5mL)
garlic, minced
1/3 clove(s) (1g)
onion, chopped
1/6 large (25g)
fresh cilantro, chopped
1/2 tbsp, chopped (2g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro,

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)

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 5 [↗](#)

Eat on day 6 and day 7

Broccoli & hummus flatbread

1/2 flatbread(s) - 315 cals ● 11g protein ● 11g fat ● 37g carbs ● 5g fiber



For single meal:

naan bread
1/2 large (63g)
hummus
2 tbsp (31g)
crushed red pepper
1 dash (0g)
mixed greens
1/2 oz (14g)
lemon juice
1/4 tbsp (4mL)
oil
1 tsp (5mL)
broccoli, sliced
3/4 cup chopped (68g)
garlic, minced
1/2 clove (2g)

For all 2 meals:

naan bread
1 large (126g)
hummus
4 tbsp (62g)
crushed red pepper
2 dash (0g)
mixed greens
1 oz (28g)
lemon juice
1/2 tbsp (8mL)
oil
2 tsp (10mL)
broccoli, sliced
1 1/2 cup chopped (137g)
garlic, minced
1 clove (3g)

1. Preheat oven to 450°F (230°C).
2. Combine chopped broccoli, garlic, just half of the oil, and some salt and pepper on a baking sheet. Toss. Roast 10-15 minutes until broccoli is tender.
3. Place naan directly on oven rack and bake until crisp, 4-5 minutes.
4. Toss greens with lemon juice, remaining oil, and some salt and pepper.
5. Spread hummus on naan. Top with broccoli, greens, a sprinkle of crushed red pepper. Slice naan flatbread and serve.

Dinner 1 [↗](#)

Eat on day 1

Veggie stuffed tomatoes (dairy-free)

1 stuffed tomato(es) - 130 cals ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



Makes 1 stuffed tomato(es)

fresh spinach

1/2 cup(s) (15g)

olive oil

1/2 tbsp (8mL)

salt

1/2 dash (0g)

italian seasoning

4 dash (2g)

tomatoes

1 medium whole (2-3/5" dia) (123g)

vegan cheese, shredded

4 tsp (9g)

onion, diced

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

zucchini, diced

1/4 large (81g)

1. Preheat oven to 350 F (180 C).
2. Cut the top off each tomato and discard.
3. Take a spoon and hollow out each tomato, being sure not to puncture the walls. Discard the pulp and seeds.
4. Dry out the inside of the tomatoes with a paper towel. Salt insides and turn up side down over a paper towel to allow for further draining; set aside.
5. Dice zucchini and onion.
6. Heat oil in a skillet over medium heat. Add in zucchini, onion, Italian seasoning, and salt/pepper (to taste). Sauté until veggies have softened, about 4 minutes.
7. Toss in spinach and cook for another 2 minutes until wilted. Remove from heat.
8. Place tomatoes right side up on a baking dish. Take about half of the cheese and sprinkle at the bottom the tomatoes.
9. Stuff tomatoes with the veggie mixture and top with remaining cheese.
10. Bake for about 20-25 minutes until tomatoes are piping hot.
11. Optionally: place under broiler for about a minute to brown cheese.

Soy milk

1/2 cup(s) - 42 cals ● 4g protein ● 2g fat ● 1g carbs ● 1g fiber



Makes 1/2 cup(s)

soy milk, unsweetened

1/2 cup(s) (mL)

1. The recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2

Simple seitan

3 oz - 183 cal ● 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.

Spinach cauliflower mince

1 1/2 cup(s) - 107 cal ● 5g protein ● 7g fat ● 2g carbs ● 4g fiber



Makes 1 1/2 cup(s)

frozen riced cauliflower

1 1/2 cup, frozen (159g)

oil

1/2 tbsp (8mL)

garlic, diced

1 1/2 clove(s) (5g)

fresh spinach, chopped

3/4 cup(s) (23g)

1. Cook riced cauliflower according to package.
 2. Meanwhile finely chop the spinach and garlic.
 3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
 4. Serve.
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Dinner 3 [🔗](#)

Eat on day 3 and day 4

Spinach cauliflower mince

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



For single meal:

frozen riced cauliflower
1/2 cup, frozen (53g)
oil
1/2 tsp (3mL)
garlic, diced
1/2 clove(s) (2g)
fresh spinach, chopped
1/4 cup(s) (8g)

For all 2 meals:

frozen riced cauliflower
16 tbsp, frozen (106g)
oil
1 tsp (5mL)
garlic, diced
1 clove(s) (3g)
fresh spinach, chopped
1/2 cup(s) (15g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Buffalo tempeh with vegan ranch

196 cals ● 12g protein ● 13g fat ● 5g carbs ● 4g fiber



For single meal:

oil
1/4 tbsp (4mL)
Frank's Red Hot sauce
1 tbsp (15mL)
tempeh, roughly chopped
2 oz (57g)
vegan ranch
1 tbsp (15mL)

For all 2 meals:

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

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.

Dinner 4 [↗](#)

Eat on day 5

Simple kale salad

1/2 cup(s) - 28 cals ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



Makes 1/2 cup(s)

kale leaves

1/2 cup, chopped (20g)

salad dressing

1/2 tbsp (8mL)

1. Toss kale in dressing of your choice and serve.

Vegan chickpea & chickpea pasta

262 cals ● 13g protein ● 8g fat ● 25g carbs ● 10g fiber



nutritional yeast

4 dash (1g)

oil

1/4 tbsp (4mL)

chickpea pasta

1 oz (28g)

vegan butter

1/4 tbsp (4g)

garlic, minced

1 clove(s) (3g)

onion, thinly sliced

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

chickpeas, canned, drained & rinsed

1/4 can(s) (112g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
 2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
 3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
 4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.
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Dinner 5 [↗](#)

Eat on day 6 and day 7

Spinach soup

108 cal ● 5g protein ● 4g fat ● 9g carbs ● 4g fiber



For single meal:

oil
1/2 tsp (3mL)
fresh spinach
2 oz (57g)
vegetable broth
1/3 cup(s) (mL)
ground cumin
2 dash (1g)
onion, chopped
1/4 medium (2-1/2" dia) (28g)
fresh ginger, minced
1/2 inch (2.5cm) cube (3g)
chickpeas, canned, drained & rinsed
1/8 can(s) (56g)

For all 2 meals:

oil
1 tsp (5mL)
fresh spinach
4 oz (113g)
vegetable broth
5/8 cup(s) (mL)
ground cumin
4 dash (1g)
onion, chopped
1/2 medium (2-1/2" dia) (55g)
fresh ginger, minced
1 inch (2.5cm) cube (5g)
chickpeas, canned, drained & rinsed
1/4 can(s) (112g)

1. Heat oil in a large pot over medium-high heat. Fry onion and ginger until soft, about 3-5 minutes. Stir in chickpeas, spinach, broth, cumin, and some salt.
2. Bring to a boil, reduce heat to low, and cook until greens are wilted, about 4-5 minutes.
3. Carefully transfer soup to a blender. Blend until smooth. Season to taste with salt and pepper. Serve.

Naan bread

1/2 piece(s) - 131 cal ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber



For single meal:

naan bread
1/2 piece(s) (45g)

For all 2 meals:

naan bread
1 piece(s) (90g)

1. The recipe has no instructions.

Protein Supplement(s)

Eat every day

Protein shake

2 1/2 scoop - 273 cal● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

- protein powder**
2 1/2 scoop (1/3 cup ea) (78g)
- water**
2 1/2 cup(s) (593mL)

For all 7 meals:

- protein powder**
17 1/2 scoop (1/3 cup ea) (543g)
- water**
17 1/2 cup(s) (4148mL)

1. The recipe has no instructions.
