

Meal Plan - 1500 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

1542 cals ● 99g protein (26%) ● 75g fat (44%) ● 96g carbs (25%) ● 24g fiber (6%)

Breakfast

265 cals, 4g protein, 36g net carbs, 8g fat



[Apple, banana, almond butter bowl](#)

264 cals

Lunch

510 cals, 16g protein, 36g net carbs, 30g fat



[Curried lentils](#)

362 cals



[Roasted tomatoes](#)

2 1/2 tomato(es)- 149 cals

Snacks

205 cals, 10g protein, 5g net carbs, 15g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Asparagus](#)

157 cals



[Simple seitan](#)

4 oz- 244 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

Day 2

1556 cals ● 96g protein (25%) ● 71g fat (41%) ● 101g carbs (26%) ● 31g fiber (8%)

Breakfast

265 cals, 4g protein, 36g net carbs, 8g fat



[Apple, banana, almond butter bowl](#)
264 cals

Snacks

205 cals, 10g protein, 5g net carbs, 15g fat



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals



[Pumpkin seeds](#)
183 cals

Lunch

480 cals, 22g protein, 23g net carbs, 30g fat



[Vegan cream of mushroom soup](#)
301 cals



[Sunflower seeds](#)
180 cals

Dinner

445 cals, 24g protein, 35g net carbs, 18g fat



[Simple mixed greens and tomato salad](#)
189 cals



[Veggie burger patty](#)
2 patty- 254 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)
1 1/2 scoop- 164 cals

Day 3

1551 cals ● 103g protein (27%) ● 54g fat (31%) ● 137g carbs (35%) ● 27g fiber (7%)

Breakfast

250 cals, 7g protein, 50g net carbs, 2g fat



[Small toasted bagel with jelly](#)
1 bagel(s)- 248 cals

Snacks

215 cals, 13g protein, 28g net carbs, 4g fat



[Blueberries](#)
1/2 cup(s)- 47 cals



[Breakfast cereal with protein almond milk](#)
168 cals

Lunch

480 cals, 22g protein, 23g net carbs, 30g fat



[Vegan cream of mushroom soup](#)
301 cals



[Sunflower seeds](#)
180 cals

Dinner

445 cals, 24g protein, 35g net carbs, 18g fat



[Simple mixed greens and tomato salad](#)
189 cals



[Veggie burger patty](#)
2 patty- 254 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)
1 1/2 scoop- 164 cals

Day 4

1481 cals ● 110g protein (30%) ● 34g fat (21%) ● 159g carbs (43%) ● 24g fiber (6%)

Breakfast

250 cals, 7g protein, 50g net carbs, 2g fat



Small toasted bagel with jelly
1 bagel(s)- 248 cals

Lunch

440 cals, 29g protein, 42g net carbs, 12g fat



Basic tempeh
2 oz- 148 cals



Sautéed peppers and onions
63 cals



Lentils
231 cals

Snacks

215 cals, 13g protein, 28g net carbs, 4g fat



Blueberries
1/2 cup(s)- 47 cals



Breakfast cereal with protein almond milk
168 cals

Dinner

415 cals, 25g protein, 39g net carbs, 16g fat



Crispy chick'n tenders
5 tender(s)- 286 cals



Simple salad with celery, cucumber & tomato
128 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Day 5

1533 cals ● 103g protein (27%) ● 54g fat (32%) ● 138g carbs (36%) ● 22g fiber (6%)

Breakfast

250 cals, 7g protein, 50g net carbs, 2g fat



Small toasted bagel with jelly
1 bagel(s)- 248 cals

Lunch

485 cals, 33g protein, 37g net carbs, 19g fat



Vegan sausage
1 sausage(s)- 268 cals



Sweet potato wedges
130 cals



Simple salad with celery, cucumber & tomato
85 cals

Snacks

165 cals, 17g protein, 13g net carbs, 4g fat



Cucumber slices
1 cucumber- 60 cals



Protein shake (almond milk)
105 cals

Dinner

475 cals, 10g protein, 37g net carbs, 28g fat



Veggie stuffed tomatoes (dairy-free)
2 stuffed tomato(es)- 261 cals



Tomato cucumber salad
212 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Day 6

1497 cals ● 100g protein (27%) ● 54g fat (33%) ● 126g carbs (34%) ● 25g fiber (7%)

Breakfast

210 cals, 4g protein, 38g net carbs, 2g fat



Blueberries

1/2 cup(s)- 47 cals



Instant oatmeal with water

1 packet(s)- 165 cals

Snacks

165 cals, 17g protein, 13g net carbs, 4g fat



Cucumber slices

1 cucumber- 60 cals



Protein shake (almond milk)

105 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Lunch

485 cals, 33g protein, 37g net carbs, 19g fat



Vegan sausage

1 sausage(s)- 268 cals



Sweet potato wedges

130 cals



Simple salad with celery, cucumber & tomato

85 cals

Dinner

475 cals, 10g protein, 37g net carbs, 28g fat



Veggie stuffed tomatoes (dairy-free)

2 stuffed tomato(es)- 261 cals



Tomato cucumber salad

212 cals

Day 7

1534 cals ● 126g protein (33%) ● 28g fat (16%) ● 161g carbs (42%) ● 34g fiber (9%)

Breakfast

210 cals, 4g protein, 38g net carbs, 2g fat



Blueberries

1/2 cup(s)- 47 cals



Instant oatmeal with water

1 packet(s)- 165 cals

Snacks

165 cals, 17g protein, 13g net carbs, 4g fat



Cucumber slices

1 cucumber- 60 cals



Protein shake (almond milk)

105 cals

Lunch

555 cals, 35g protein, 64g net carbs, 12g fat



Simple salad with celery, cucumber & tomato

128 cals



Chik'n stir fry

427 cals

Dinner

440 cals, 33g protein, 44g net carbs, 9g fat



Lentils

260 cals



Vegan crumbles

3/4 cup(s)- 110 cals



Simple mixed greens salad

68 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Grocery List



Beverages

- protein powder
12 3/4 scoop (1/3 cup ea) (395g)
- water
16 cup(s) (3768mL)
- almond milk, unsweetened
1/3 gallon (1260mL)

Nut and Seed Products

- coconut flakes
1 1/2 tbsp (8g)
- almond butter
1 1/2 tbsp (24g)
- coconut milk, canned
6 tbsp (91mL)
- roasted pumpkin seeds, unsalted
1/2 cup (59g)
- sunflower kernels
2 oz (57g)

Fruits and Fruit Juices

- banana
1 1/2 medium (7" to 7-7/8" long) (177g)
- apples
1 1/2 medium (3" dia) (273g)
- lemon juice
1 tbsp (14mL)
- blueberries
2 cup (296g)

Cereal Grains and Pasta

- seitan
4 oz (113g)
- brown rice
1/4 cup (53g)

Fats and Oils

- oil
1 1/2 oz (44mL)
- olive oil
3 tbsp (44mL)
- salad dressing
2/3 lbs (300mL)

Vegetables and Vegetable Products

Spices and Herbs

- salt
2 tsp (12g)
- black pepper
2 tsp, ground (5g)
- onion powder
1 tbsp (7g)

Legumes and Legume Products

- lentils, raw
1 cup (184g)
- tempeh
2 oz (57g)
- soy sauce
1 1/4 tbsp (19mL)
- vegetarian burger crumbles
3/4 cup (75g)

Other

- curry paste
1/2 tbsp (8g)
- mixed greens
3 1/2 package (5.5 oz) (528g)
- veggie burger patty
4 patty (284g)
- meatless chik'n tenders
5 pieces (128g)
- italian seasoning
2 tsp (7g)
- vegan cheese, shredded
1/3 cup (37g)
- vegan sausage
2 sausage (200g)
- vegan chik'n strips
1/4 lbs (106g)

Baked Products

- bagel
3 small bagel (3" dia) (207g)

Sweets

- jelly
3 tbsp (63g)

Breakfast Cereals

- asparagus**
5 oz (142g)
- tomatoes**
13 2/3 medium whole (2-3/5" dia) (1684g)
- cauliflower**
3 cup chopped (321g)
- mushrooms**
2 1/4 cup, pieces or slices (158g)
- onion**
1 3/4 medium (2-1/2" dia) (190g)
- garlic**
1 1/2 clove (5g)
- bell pepper**
1 large (171g)
- ketchup**
1 1/4 tbsp (21g)
- raw celery**
3 1/3 stalk, medium (7-1/2" - 8" long) (133g)
- cucumber**
6 cucumber (8-1/4") (1856g)
- fresh spinach**
2 cup(s) (60g)
- zucchini**
1 large (323g)
- red onion**
1 1/2 small (105g)
- sweet potatoes**
1 sweetpotato, 5" long (210g)
- carrots**
1 1/2 small (5-1/2" long) (75g)

- breakfast cereal**
1 1/2 serving (45g)
- flavored instant oatmeal**
2 packet (86g)

Breakfast 1 ↗

Eat on day 1 and day 2

Apple, banana, almond butter bowl

264 cals ● 4g protein ● 8g fat ● 36g carbs ● 7g fiber



For single meal:

coconut flakes
3/4 tbsp (4g)
almond butter
3/4 tbsp (12g)
banana, sliced
3/4 medium (7" to 7-7/8" long)
(89g)
apples, chopped
3/4 medium (3" dia) (137g)

For all 2 meals:

coconut flakes
1 1/2 tbsp (8g)
almond butter
1 1/2 tbsp (24g)
banana, sliced
1 1/2 medium (7" to 7-7/8" long)
(177g)
apples, chopped
1 1/2 medium (3" dia) (273g)

1. Put banana and apple chunks in a bowl. Mix together.
2. Top with coconut flakes and drizzle with almond butter.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

Small toasted bagel with jelly

1 bagel(s) - 248 cals ● 7g protein ● 2g fat ● 50g carbs ● 2g fiber



For single meal:

bagel
1 small bagel (3" dia) (69g)
jelly
1 tbsp (21g)

For all 3 meals:

bagel
3 small bagel (3" dia) (207g)
jelly
3 tbsp (63g)

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

Breakfast 3 ↗

Eat on day 6 and day 7

Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

blueberries
1/2 cup (74g)

For all 2 meals:

blueberries
1 cup (148g)

1. Rinse off blueberries and serve.

Instant oatmeal with water

1 packet(s) - 165 cals ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal
1 packet (43g)
water
3/4 cup(s) (178mL)

For all 2 meals:

flavored instant oatmeal
2 packet (86g)
water
1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

Lunch 1 ↗

Eat on day 1

Curried lentils

362 cals ● 14g protein ● 19g fat ● 30g carbs ● 5g fiber



lentils, raw

4 tbsp (48g)

water

1/2 cup(s) (119mL)

salt

1/2 dash (0g)

coconut milk, canned

6 tbsp (90mL)

curry paste

1/2 tbsp (8g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Roasted tomatoes

2 1/2 tomato(es) - 149 cals ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



Makes 2 1/2 tomato(es)

oil

2 1/2 tsp (13mL)

tomatoes

2 1/2 small whole (2-2/5" dia) (228g)

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.

Lunch 2 ↗

Eat on day 2 and day 3

Vegan cream of mushroom soup

301 cals ● 14g protein ● 16g fat ● 21g carbs ● 5g fiber



For single meal:

black pepper
1/4 tbsp, ground (2g)
oil
1/4 tbsp (4mL)
salt
3 dash (2g)
onion powder
1/2 tbsp (4g)
almond milk, unsweetened
1 1/2 cup(s) (360mL)
cauliflower
1 1/2 cup chopped (161g)
mushrooms, diced
1 cup, pieces or slices (79g)
onion, diced
3/8 small (26g)
garlic, diced
3/4 clove (2g)

For all 2 meals:

black pepper
1/2 tbsp, ground (3g)
oil
1/2 tbsp (8mL)
salt
1/4 tbsp (5g)
onion powder
1 tbsp (7g)
almond milk, unsweetened
3 cup(s) (720mL)
cauliflower
3 cup chopped (321g)
mushrooms, diced
2 1/4 cup, pieces or slices (158g)
onion, diced
3/4 small (53g)
garlic, diced
1 1/2 clove (5g)

1. In a small saucepan, heat the cauliflower, almond milk, onion powder, salt, and pepper. Bring to a boil.
2. Once boiling, reduce heat, and continue cooking for 8 minutes.
3. Blend the cauliflower mixture with a food processor, blender or immersion blender.
4. In a deep pan, add the oil, mushrooms, onion and garlic and cook over medium heat until onions soften, about 10 minutes.
5. Add cauliflower mixture to the mushrooms, cover, and bring to a boil. Let simmer for 10 minutes. Serve.

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
1 oz (28g)

For all 2 meals:

sunflower kernels
2 oz (57g)

1. The recipe has no instructions.

Lunch 3 ↗

Eat on day 4

Basic tempeh

2 oz - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



Makes 2 oz

tempeh

2 oz (57g)

oil

1 tsp (5mL)

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.

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.

Lentils

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



water

1 1/3 cup(s) (316mL)

salt

2/3 dash (0g)

lentils, raw, rinsed

1/3 cup (64g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Lunch 4 ↗

Eat on day 5 and day 6

Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



For single meal:

vegan sausage
1 sausage (100g)

For all 2 meals:

vegan sausage
2 sausage (200g)

1. Prepare according to package instructions.
2. Serve.

Sweet potato wedges

130 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

oil
1 tsp (6mL)
salt
2 dash (2g)
black pepper
1 dash, ground (0g)
sweet potatoes, cut into wedges
1/2 sweetpotato, 5" long (105g)

For all 2 meals:

oil
3/4 tbsp (11mL)
salt
4 dash (3g)
black pepper
2 dash, ground (1g)
sweet potatoes, cut into wedges
1 sweetpotato, 5" long (210g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Simple salad with celery, cucumber & tomato

85 cals ● 3g protein ● 3g fat ● 9g carbs ● 3g fiber



For single meal:

salad dressing

3 tsp (15mL)

raw celery, chopped

2/3 stalk, medium (7-1/2" - 8" long)
(27g)

mixed greens

1/3 package (5.5 oz) (52g)

cucumber, sliced

1/3 cucumber (8-1/4") (100g)

tomatoes, diced

1/3 medium whole (2-3/5" dia)
(41g)

For all 2 meals:

salad dressing

2 tbsp (30mL)

raw celery, chopped

1 1/3 stalk, medium (7-1/2" - 8"
long) (53g)

mixed greens

2/3 package (5.5 oz) (103g)

cucumber, sliced

2/3 cucumber (8-1/4") (201g)

tomatoes, diced

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

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Lunch 5 ↗

Eat on day 7

Simple salad with celery, cucumber & tomato

128 cals ● 4g protein ● 5g fat ● 13g carbs ● 4g fiber



salad dressing

1 1/2 tbsp (23mL)

raw celery, chopped

1 stalk, medium (7-1/2" - 8" long) (40g)

mixed greens

1/2 package (5.5 oz) (78g)

cucumber, sliced

1/2 cucumber (8-1/4") (151g)

tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

1. Mix all vegetables in a large bowl.

2. Drizzle salad dressing over when serving.

Chik'n stir fry

427 cals ● 31g protein ● 7g fat ● 51g carbs ● 8g fiber



brown rice
1/4 cup (53g)
water
1/2 cup(s) (133mL)
soy sauce
1 1/4 tbsp (19mL)
vegan chick'n strips
1/4 lbs (106g)
bell pepper, deseeded & cut into thin strips
3/4 medium (89g)
carrots, cut into thin strips
1 1/2 small (5-1/2" long) (75g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chick'n strips and cook until they are cooked through (check package instructions for additional details).
3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and serve.

Snacks 1 ↗

Eat on day 1 and day 2

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes
6 cherry tomatoes (102g)

For all 2 meals:

tomatoes
12 cherry tomatoes (204g)

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

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

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

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3 and day 4

Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

blueberries
1/2 cup (74g)

For all 2 meals:

blueberries
1 cup (148g)

1. Rinse off blueberries and serve.

Breakfast cereal with protein almond milk

168 cals ● 13g protein ● 4g fat ● 19g carbs ● 2g fiber



For single meal:

breakfast cereal
3/4 serving (23g)
almond milk, unsweetened
6 tbsp (90mL)
protein powder
3/8 scoop (1/3 cup ea) (12g)

For all 2 meals:

breakfast cereal
1 1/2 serving (45g)
almond milk, unsweetened
3/4 cup (180mL)
protein powder
3/4 scoop (1/3 cup ea) (23g)

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.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Cucumber slices

1 cucumber - 60 cals ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:

cucumber

1 cucumber (8-1/4") (301g)

For all 3 meals:

cucumber

3 cucumber (8-1/4") (903g)

1. Slice cucumber into rounds and serve.

Protein shake (almond milk)

105 cals ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

almond milk, unsweetened

1/2 cup (120mL)

protein powder

1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

almond milk, unsweetened

1 1/2 cup (360mL)

protein powder

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

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

Dinner 1 ↗

Eat on day 1

Simple seitan

4 oz - 244 cals ● 30g protein ● 8g fat ● 13g carbs ● 1g fiber



Makes 4 oz

seitan

4 oz (113g)

oil

1 tsp (5mL)

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.

Asparagus

157 cals ● 3g protein ● 13g fat ● 4g carbs ● 3g fiber



asparagus
5 oz (142g)
lemon juice
1 tbsp (14mL)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
olive oil
1 tbsp (14mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

Dinner 2 ↗

Eat on day 2 and day 3

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.

Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



For single meal:

veggie burger patty
2 patty (142g)

For all 2 meals:

veggie burger patty
4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

Dinner 3 ↗

Eat on day 4

Crispy chik'n tenders

5 tender(s) - 286 cals ● 20g protein ● 11g fat ● 26g carbs ● 0g fiber



Makes 5 tender(s)

meatless chik'n tenders

5 pieces (128g)

ketchup

1 1/4 tbsp (21g)

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

Simple salad with celery, cucumber & tomato

128 cals ● 4g protein ● 5g fat ● 13g carbs ● 4g fiber



salad dressing

1 1/2 tbsp (23mL)

raw celery, chopped

1 stalk, medium (7-1/2" - 8" long) (40g)

mixed greens

1/2 package (5.5 oz) (78g)

cucumber, sliced

1/2 cucumber (8-1/4") (151g)

tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Dinner 4 ↗

Eat on day 5 and day 6

Veggie stuffed tomatoes (dairy-free)

2 stuffed tomato(es) - 261 cals ● 5g protein ● 18g fat ● 15g carbs ● 5g fiber



For single meal:

fresh spinach
1 cup(s) (30g)
olive oil
1 tbsp (15mL)
salt
1 dash (1g)
italian seasoning
1 tsp (4g)
tomatoes
2 medium whole (2-3/5" dia) (246g)
vegan cheese, shredded
2 1/2 tbsp (18g)
onion, diced
1/2 medium (2-1/2" dia) (55g)
zucchini, diced
1/2 large (162g)

For all 2 meals:

fresh spinach
2 cup(s) (60g)
olive oil
2 tbsp (30mL)
salt
2 dash (2g)
italian seasoning
2 tsp (7g)
tomatoes
4 medium whole (2-3/5" dia) (492g)
vegan cheese, shredded
1/3 cup (37g)
onion, diced
1 medium (2-1/2" dia) (110g)
zucchini, diced
1 large (323g)

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.

Tomato cucumber salad

212 cals ● 5g protein ● 10g fat ● 22g carbs ● 4g fiber



For single meal:

salad dressing
3 tbsp (45mL)
red onion, thinly sliced
3/4 small (53g)
cucumber, thinly sliced
3/4 cucumber (8-1/4") (226g)
tomatoes, thinly sliced
1 1/2 medium whole (2-3/5" dia) (185g)

For all 2 meals:

salad dressing
6 tbsp (90mL)
red onion, thinly sliced
1 1/2 small (105g)
cucumber, thinly sliced
1 1/2 cucumber (8-1/4") (452g)
tomatoes, thinly sliced
3 medium whole (2-3/5" dia) (369g)

1. Mix ingredients together in a bowl and serve.

Dinner 5 ↗

Eat on day 7

Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



water
1 1/2 cup(s) (356mL)
salt
3/4 dash (1g)
lentils, raw, rinsed
6 tbsp (72g)

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.

Vegan crumbles

3/4 cup(s) - 110 cals ● 14g protein ● 3g fat ● 2g carbs ● 4g fiber



Makes 3/4 cup(s)
vegetarian burger crumbles
3/4 cup (75g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

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.

Protein Supplement(s) ↗

Eat every day

Protein shake

1 1/2 scoop - 164 cals ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

protein powder

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

water

1 1/2 cup(s) (356mL)

For all 7 meals:

protein powder

10 1/2 scoop (1/3 cup ea) (326g)

water

10 1/2 cup(s) (2489mL)

1. The recipe has no instructions.