

# Meal Plan - 1600 calorie vegan meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1589 cals ● 108g protein (27%) ● 58g fat (33%) ● 123g carbs (31%) ● 36g fiber (9%)

### Breakfast

140 cals, 5g protein, 7g net carbs, 9g fat



#### Mixed nuts

1/8 cup(s)- 109 cals



#### Cherry tomatoes

9 cherry tomatoes- 32 cals

### Lunch

505 cals, 16g protein, 58g net carbs, 15g fat



#### Veggie burger with 'cheese'

1 burger- 340 cals



#### Roasted tomatoes

1 tomato(es)- 60 cals



#### Blackberries

1 1/2 cup(s)- 105 cals

### Snacks

240 cals, 5g protein, 30g net carbs, 10g fat



#### Small granola bar

2 bar(s)- 238 cals

### Dinner

490 cals, 34g protein, 27g net carbs, 23g fat



#### Peanut tempeh

4 oz tempeh- 434 cals



#### White rice

1/4 cup rice, cooked- 55 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

## Day 2

1589 cals ● 108g protein (27%) ● 58g fat (33%) ● 123g carbs (31%) ● 36g fiber (9%)

### Breakfast

140 cals, 5g protein, 7g net carbs, 9g fat



#### Mixed nuts

1/8 cup(s)- 109 cals



#### Cherry tomatoes

9 cherry tomatoes- 32 cals

### Lunch

505 cals, 16g protein, 58g net carbs, 15g fat



#### Veggie burger with 'cheese'

1 burger- 340 cals



#### Roasted tomatoes

1 tomato(es)- 60 cals



#### Blackberries

1 1/2 cup(s)- 105 cals

### Snacks

240 cals, 5g protein, 30g net carbs, 10g fat



#### Small granola bar

2 bar(s)- 238 cals

### Dinner

490 cals, 34g protein, 27g net carbs, 23g fat



#### Peanut tempeh

4 oz tempeh- 434 cals



#### White rice

1/4 cup rice, cooked- 55 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

## Day 3

1584 cals ● 104g protein (26%) ● 53g fat (30%) ● 137g carbs (34%) ● 37g fiber (9%)

### Breakfast

275 cals, 9g protein, 18g net carbs, 17g fat



#### Celery and peanut butter

218 cals



#### Grapefruit

1/2 grapefruit- 59 cals

### Lunch

440 cals, 27g protein, 40g net carbs, 15g fat



#### Carrot & grounds stir fry

332 cals



#### White rice

1/2 cup rice, cooked- 109 cals

### Snacks

175 cals, 2g protein, 28g net carbs, 1g fat



#### Grapes

174 cals

### Dinner

475 cals, 18g protein, 49g net carbs, 19g fat



#### Naan bread

1/2 piece(s)- 131 cals



#### Ginger coconut chickpea soup

343 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

## Day 4

1537 cals ● 106g protein (28%) ● 44g fat (26%) ● 142g carbs (37%) ● 36g fiber (9%)

### Breakfast

275 cals, 9g protein, 18g net carbs, 17g fat



**Celery and peanut butter**  
218 cals



**Grapefruit**  
1/2 grapefruit- 59 cals

### Snacks

175 cals, 2g protein, 28g net carbs, 1g fat



**Grapes**  
174 cals

### Lunch

440 cals, 27g protein, 40g net carbs, 15g fat



**Carrot & grounds stir fry**  
332 cals



**White rice**  
1/2 cup rice, cooked- 109 cals

### Dinner

425 cals, 20g protein, 55g net carbs, 11g fat



**Chik'n stir fry**  
142 cals



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



**Quinoa**  
1 cup quinoa, cooked- 208 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 5

1611 cals ● 110g protein (27%) ● 78g fat (44%) ● 92g carbs (23%) ● 24g fiber (6%)

### Breakfast

275 cals, 9g protein, 18g net carbs, 17g fat



**Celery and peanut butter**  
218 cals



**Grapefruit**  
1/2 grapefruit- 59 cals

### Snacks

220 cals, 6g protein, 44g net carbs, 2g fat



**Pretzels**  
220 cals

### Lunch

385 cals, 25g protein, 12g net carbs, 22g fat



**Basic tempeh**  
4 oz- 295 cals



**Cooked peppers**  
3/4 bell pepper(s)- 90 cals

### Dinner

510 cals, 22g protein, 16g net carbs, 37g fat



**Simple salad with celery, cucumber & tomato**  
85 cals



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

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 6

1618 cals ● 129g protein (32%) ● 51g fat (29%) ● 132g carbs (33%) ● 27g fiber (7%)

### Breakfast

295 cals, 7g protein, 31g net carbs, 14g fat



#### Walnuts

1/6 cup(s)- 131 cals



#### Instant oatmeal with water

1 packet(s)- 165 cals

### Lunch

385 cals, 25g protein, 12g net carbs, 22g fat



#### Basic tempeh

4 oz- 295 cals



#### Cooked peppers

3/4 bell pepper(s)- 90 cals

### Snacks

220 cals, 6g protein, 44g net carbs, 2g fat



#### Pretzels

220 cals

### Dinner

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



#### Lentils

231 cals



#### Vegan sausage

1 sausage(s)- 268 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

## Day 7

1564 cals ● 114g protein (29%) ● 45g fat (26%) ● 154g carbs (39%) ● 21g fiber (5%)

### Breakfast

295 cals, 7g protein, 31g net carbs, 14g fat



#### Walnuts

1/6 cup(s)- 131 cals



#### Instant oatmeal with water

1 packet(s)- 165 cals

### Lunch

330 cals, 10g protein, 34g net carbs, 16g fat



#### Vegan grilled cheese

1 sandwich(es)- 331 cals

### Snacks

220 cals, 6g protein, 44g net carbs, 2g fat



#### Pretzels

220 cals

### Dinner

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



#### Lentils

231 cals



#### Vegan sausage

1 sausage(s)- 268 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

# Grocery List



## Beverages

- protein powder  
14 scoop (1/3 cup ea) (434g)
- water  
1 1/4 gallon (4954mL)

## Nut and Seed Products

- mixed nuts  
4 tbsp (34g)
- coconut milk, canned  
1/8 can (59mL)
- walnuts  
2 1/3 oz (66g)

## Vegetables and Vegetable Products

- tomatoes  
4 1/2 medium whole (2-3/5" dia) (566g)
- ketchup  
2 tbsp (34g)
- fresh ginger  
1/8 slices (1" dia) (0g)
- onion  
3/4 large (119g)
- garlic  
3 1/3 clove(s) (10g)
- carrots  
3 1/2 medium (217g)
- fresh cilantro  
2 tbsp, chopped (6g)
- raw celery  
6 2/3 stalk, medium (7-1/2" - 8" long) (267g)
- bell pepper  
1 2/3 large (276g)
- cucumber  
1/3 cucumber (8-1/4") (100g)

## Legumes and Legume Products

- tempeh  
1 lbs (454g)
- peanut butter  
1/3 lbs (161g)
- soy sauce  
2 oz (46mL)
- chickpeas, canned  
1/8 can(s) (56g)
- lentils, raw  
13 1/2 tbsp (164g)

## Other

- nutritional yeast  
1 tbsp (4g)
- veggie burger patty  
2 patty (142g)
- mixed greens  
1 package (5.5 oz) (153g)
- vegan cheese, sliced  
4 slice(s) (80g)
- vegan chick'n strips  
1 1/4 oz (35g)
- vegan sausage  
2 sausage (200g)

## Cereal Grains and Pasta

- long-grain white rice  
1/2 cup (93g)
- brown rice  
1 1/2 tbsp (18g)
- quinoa, uncooked  
1/3 cup (57g)

## Baked Products

- hamburger buns  
2 bun(s) (102g)
- naan bread  
1/2 piece(s) (45g)
- bread  
2 slice (64g)

## Fats and Oils

- oil  
2 1/2 oz (72mL)
- salad dressing  
2 1/2 tbsp (38mL)
- vegan mayonnaise  
1 1/2 tbsp (23g)

## Snacks

- small granola bar  
4 bar (100g)
- pretzels, hard, salted  
6 oz (170g)

## Spices and Herbs

- vegetarian burger crumbles**  
1/2 lbs (227g)
- firm tofu**  
6 oz (170g)

## Fruits and Fruit Juices

- lemon juice**  
5/8 fl oz (19mL)
- blackberries**  
3 cup (432g)
- lime juice**  
2 tsp (10mL)
- Grapefruit**  
1 1/2 large (approx 4-1/2" dia) (498g)
- grapes**  
6 cup (552g)

- curry powder**  
1/4 tbsp (2g)
- turmeric, ground**  
1/2 dash (0g)
- crushed red pepper**  
1/3 tsp (1g)
- dijon mustard**  
3/4 tbsp (11g)
- salt**  
1 1/2 dash (1g)

## Breakfast Cereals

- flavored instant oatmeal**  
2 packet (86g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

**mixed nuts**  
2 tbsp (17g)

For all 2 meals:

**mixed nuts**  
4 tbsp (34g)

1. The recipe has no instructions.

### Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**tomatoes**  
9 cherry tomatoes (153g)

For all 2 meals:

**tomatoes**  
18 cherry tomatoes (306g)

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

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### Celery and peanut butter

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



For single meal:

**raw celery**

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

**peanut butter**

2 tbsp (32g)

For all 3 meals:

**raw celery**

6 stalk, medium (7-1/2" - 8" long)  
(240g)

**peanut butter**

6 tbsp (96g)

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

### Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**Grapefruit**

1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:

**Grapefruit**

1 1/2 large (approx 4-1/2" dia)  
(498g)

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)

## Breakfast 3 ↗

Eat on day 6 and day 7

### Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
3 tbsp, shelled (19g)

For all 2 meals:

**walnuts**  
6 tbsp, shelled (38g)

1. The recipe has no instructions.

### 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 and day 2

### Veggie burger with 'cheese'

1 burger - 340 cals ● 12g protein ● 9g fat ● 46g carbs ● 6g fiber



For single meal:

**veggie burger patty**  
1 patty (71g)  
**mixed greens**  
1 oz (28g)  
**ketchup**  
1 tbsp (17g)  
**hamburger buns**  
1 bun(s) (51g)  
**vegan cheese, sliced**  
1 slice(s) (20g)

For all 2 meals:

**veggie burger patty**  
2 patty (142g)  
**mixed greens**  
2 oz (57g)  
**ketchup**  
2 tbsp (34g)  
**hamburger buns**  
2 bun(s) (102g)  
**vegan cheese, sliced**  
2 slice(s) (40g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with vegan cheese, greens, and ketchup. Feel free to add other low-calorie toppings like mustard or pickles.

### Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**tomatoes**  
1 small whole (2-2/5" dia) (91g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**tomatoes**  
2 small whole (2-2/5" dia) (182g)

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.

### Blackberries

1 1/2 cup(s) - 105 cals ● 3g protein ● 1g fat ● 9g carbs ● 11g fiber



For single meal:

**blackberries**  
1 1/2 cup (216g)

For all 2 meals:

**blackberries**  
3 cup (432g)

1. Rinse blackberries and serve.

## Lunch 2 ↗

Eat on day 3 and day 4

### Carrot & grounds stir fry

332 cals ● 25g protein ● 15g fat ● 15g carbs ● 10g fiber



For single meal:

**carrots**  
1 1/3 large (96g)  
**vegetarian burger crumbles**  
4 oz (113g)  
**soy sauce**  
3 tsp (15mL)  
**water**  
2 tsp (10mL)  
**crushed red pepper**  
1 1/3 dash (0g)  
**lime juice**  
1 tsp (5mL)  
**oil**  
2 tsp (10mL)  
**garlic, minced**  
2/3 clove(s) (2g)  
**onion, chopped**  
1/3 large (50g)  
**fresh cilantro, chopped**  
3 tsp, chopped (3g)

For all 2 meals:

**carrots**  
2 2/3 large (192g)  
**vegetarian burger crumbles**  
1/2 lbs (227g)  
**soy sauce**  
2 tbsp (30mL)  
**water**  
4 tsp (20mL)  
**crushed red pepper**  
1/3 tsp (1g)  
**lime juice**  
2 tsp (10mL)  
**oil**  
4 tsp (20mL)  
**garlic, minced**  
1 1/3 clove(s) (4g)  
**onion, chopped**  
2/3 large (100g)  
**fresh cilantro, chopped**  
2 tbsp, chopped (6g)

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,

### White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber



For single meal:

**water**  
1/3 cup(s) (79mL)  
**long-grain white rice**  
2 2/3 tbsp (31g)

For all 2 meals:

**water**  
2/3 cup(s) (158mL)  
**long-grain white rice**  
1/3 cup (62g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

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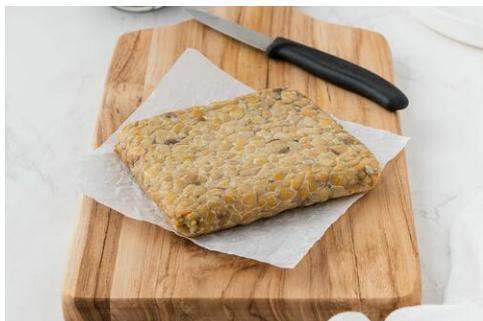
## Lunch 3 ↗

Eat on day 5 and day 6

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### Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

**tempeh**  
4 oz (113g)  
**oil**  
2 tsp (10mL)

For all 2 meals:

**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.

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### Cooked peppers

3/4 bell pepper(s) - 90 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**bell pepper, seeded & cut into strips**  
3/4 large (123g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**bell pepper, seeded & cut into strips**  
1 1/2 large (246g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

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## Lunch 4 ↗

Eat on day 7

### Vegan grilled cheese

1 sandwich(es) - 331 cals ● 10g protein ● 16g fat ● 34g carbs ● 4g fiber



Makes 1 sandwich(es)

**bread**  
2 slice (64g)  
**oil**  
1 tsp (5mL)  
**vegan cheese, sliced**  
2 slice(s) (40g)

1. Preheat skillet to medium-low with half of the oil.
2. Place one slice of bread on the skillet and top with cheese and the other slice of bread.
3. Grill until lightly browned—remove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.

## Snacks 1 ↗

Eat on day 1 and day 2

### Small granola bar

2 bar(s) - 238 cals ● 5g protein ● 10g fat ● 30g carbs ● 3g fiber



For single meal:

**small granola bar**  
2 bar (50g)

For all 2 meals:

**small granola bar**  
4 bar (100g)

1. The recipe has no instructions.

## Snacks 2 ↗

Eat on day 3 and day 4

### Grapes

174 cals ● 2g protein ● 1g fat ● 28g carbs ● 11g fiber



For single meal:

**grapes**  
3 cup (276g)

For all 2 meals:

**grapes**  
6 cup (552g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Pretzels

220 cals ● 6g protein ● 2g fat ● 44g carbs ● 2g fiber



For single meal:

**pretzels, hard, salted**  
2 oz (57g)

For all 3 meals:

**pretzels, hard, salted**  
6 oz (170g)

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1 and day 2

### Peanut tempeh

4 oz tempeh - 434 cals ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



For single meal:

**tempeh**  
4 oz (113g)  
**peanut butter**  
2 tbsp (32g)  
**lemon juice**  
1/2 tbsp (8mL)  
**soy sauce**  
1 tsp (5mL)  
**nutritional yeast**  
1/2 tbsp (2g)

For all 2 meals:

**tempeh**  
1/2 lbs (227g)  
**peanut butter**  
4 tbsp (65g)  
**lemon juice**  
1 tbsp (15mL)  
**soy sauce**  
2 tsp (10mL)  
**nutritional yeast**  
1 tbsp (4g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

### White rice

1/4 cup rice, cooked - 55 cals ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber



For single meal:

**water**  
1/6 cup(s) (39mL)  
**long-grain white rice**  
4 tsp (15g)

For all 2 meals:

**water**  
1/3 cup(s) (79mL)  
**long-grain white rice**  
2 2/3 tbsp (31g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

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## Dinner 2 ↗

Eat on day 3

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### Naan bread

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

Makes 1/2 piece(s)

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

1. The recipe has no instructions.



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### Ginger coconut chickpea soup

343 cals ● 13g protein ● 17g fat ● 28g carbs ● 8g fiber



**oil**  
1/4 tbsp (4mL)  
**water**  
5/8 cup(s) (148mL)  
**coconut milk, canned**  
1/8 can (56mL)  
**curry powder**  
1/4 tbsp (2g)  
**turmeric, ground**  
1/2 dash (0g)  
**fresh ginger, diced**  
1/8 slices (1" dia) (0g)  
**onion, diced**  
1/8 large (19g)  
**garlic, diced**  
1/2 clove(s) (2g)  
**chickpeas, canned, drained**  
1/8 can(s) (56g)  
**lentils, raw, rinsed**  
3 tbsp (36g)

1. Heat oil large saucepan over medium heat and add onions, garlic, and ginger. Stir frequently and cook for about 7 minutes.
2. Add in curry powder and turmeric and cook 1 minute, stirring constantly.
3. Add chickpeas, coconut milk, lentils and water. Stir, bring to a simmer, reduce heat, and simmer for about 30 minutes. Season with salt/pepper to taste and serve.

## Dinner 3

Eat on day 4

### Chik'n stir fry

142 cals  10g protein  2g fat  17g carbs  3g fiber



**brown rice**  
1 1/2 tbsp (18g)  
**water**  
1/6 cup(s) (44mL)  
**soy sauce**  
1 1/4 tsp (6mL)  
**vegan chik'n strips**  
1 1/4 oz (35g)  
**bell pepper, deseeded & cut into thin strips**  
1/4 medium (30g)  
**carrots, cut into thin strips**  
1/2 small (5-1/2" long) (25g)

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 chik'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.

### Simple mixed greens and tomato salad

76 cals  2g protein  5g fat  5g carbs  2g fiber



**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)  
**salad dressing**  
1 1/2 tbsp (23mL)

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

## Quinoa

1 cup quinoa, cooked - 208 cals ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



Makes 1 cup quinoa, cooked

**water**  
2/3 cup(s) (158mL)  
**quinoa, uncooked**  
1/3 cup (57g)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

## Dinner 4 ↗

Eat on day 5

### Simple salad with celery, cucumber & tomato

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



**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)

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

## Walnut crusted tofu (vegan)

426 cals ● 20g protein ● 34g fat ● 8g carbs ● 3g fiber



**lemon juice**  
1/4 tbsp (4mL)  
**dijon mustard**  
3/4 tbsp (11g)  
**vegan mayonnaise**  
1 1/2 tbsp (23g)  
**walnuts**  
4 tbsp, chopped (29g)  
**firm tofu, drained**  
6 oz (170g)  
**garlic, diced**  
1 1/2 clove(s) (5g)

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.

## Dinner 5 ↗

Eat on day 6 and day 7

### Lentils

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



For single meal:

**water**  
1 1/3 cup(s) (316mL)  
**salt**  
2/3 dash (0g)  
**lentils, raw, rinsed**  
1/3 cup (64g)

For all 2 meals:

**water**  
2 2/3 cup(s) (632mL)  
**salt**  
1 1/3 dash (1g)  
**lentils, raw, rinsed**  
2/3 cup (128g)

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 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.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

**protein powder**  
2 scoop (1/3 cup ea) (62g)  
**water**  
2 cup(s) (474mL)

For all 7 meals:

**protein powder**  
14 scoop (1/3 cup ea) (434g)  
**water**  
14 cup(s) (3318mL)

1. The recipe has no instructions.