

Meal Plan - 1800 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

1817 cals ● 114g protein (25%) ● 82g fat (41%) ● 119g carbs (26%) ● 37g fiber (8%)

Breakfast

350 cals, 13g protein, 6g net carbs, 24g fat



[Chocolate avocado vegan chia pudding](#)

172 cals



[Avocado](#)

176 cals

Snacks

135 cals, 1g protein, 31g net carbs, 0g fat



[Raisins](#)

1/4 cup- 137 cals

Lunch

535 cals, 18g protein, 62g net carbs, 21g fat



[Spiced coconut lentil soup](#)

272 cals



[Naan bread](#)

1 piece(s)- 262 cals

Dinner

580 cals, 33g protein, 18g net carbs, 36g fat



[Chik'n satay with peanut sauce](#)

3 skewers- 350 cals



[Simple kale & avocado salad](#)

230 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 2

1793 cals ● 113g protein (25%) ● 66g fat (33%) ● 151g carbs (34%) ● 37g fiber (8%)

Breakfast

350 cals, 13g protein, 6g net carbs, 24g fat



Chocolate avocado vegan chia pudding
172 cals



Avocado
176 cals

Snacks

135 cals, 1g protein, 31g net carbs, 0g fat



Raisins
1/4 cup- 137 cals

Lunch

510 cals, 18g protein, 94g net carbs, 4g fat



Pasta with store-bought sauce
510 cals

Dinner

580 cals, 33g protein, 18g net carbs, 36g fat



Chik'n satay with peanut sauce
3 skewers- 350 cals



Simple kale & avocado salad
230 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 3

1823 cals ● 129g protein (28%) ● 59g fat (29%) ● 148g carbs (32%) ● 46g fiber (10%)

Breakfast

305 cals, 14g protein, 31g net carbs, 10g fat



Hummus toast
2 slice(s)- 293 cals



Cherry tomatoes
3 cherry tomatoes- 11 cals

Snacks

185 cals, 4g protein, 39g net carbs, 1g fat



Fruit juice
2/3 cup(s)- 76 cals



Pretzels
110 cals

Lunch

600 cals, 32g protein, 44g net carbs, 26g fat



Chunky canned soup (non-creamy)
1 1/2 can(s)- 371 cals



Simple kale & avocado salad
230 cals

Dinner

515 cals, 31g protein, 32g net carbs, 22g fat



Easy chickpea salad
234 cals



Soy milk
1 cup(s)- 85 cals



Buffalo tempeh with vegan ranch
196 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 4

1776 cals ● 131g protein (29%) ● 61g fat (31%) ● 141g carbs (32%) ● 34g fiber (8%)

Breakfast

305 cals, 14g protein, 31g net carbs, 10g fat



Hummus toast
2 slice(s)- 293 cals



Cherry tomatoes
3 cherry tomatoes- 11 cals

Snacks

185 cals, 4g protein, 39g net carbs, 1g fat



Fruit juice
2/3 cup(s)- 76 cals



Pretzels
110 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

600 cals, 32g protein, 44g net carbs, 26g fat



Chunky canned soup (non-creamy)
1 1/2 can(s)- 371 cals



Simple kale & avocado salad
230 cals

Dinner

465 cals, 33g protein, 25g net carbs, 24g fat



Garlic pepper seitan
342 cals



Sauteed peppers and onions
125 cals

Day 5

1840 cals ● 135g protein (29%) ● 83g fat (41%) ● 107g carbs (23%) ● 31g fiber (7%)

Breakfast

300 cals, 11g protein, 14g net carbs, 19g fat



Healthy Cereal
302 cals

Snacks

190 cals, 7g protein, 6g net carbs, 14g fat



Pistachios
188 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

545 cals, 47g protein, 28g net carbs, 24g fat



Baked tofu
16 oz- 452 cals



Corn
92 cals

Dinner

590 cals, 22g protein, 59g net carbs, 25g fat



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



Ginger coconut chickpea soup
457 cals

Day 6

1840 cals ● 135g protein (29%) ● 83g fat (41%) ● 107g carbs (23%) ● 31g fiber (7%)

Breakfast

300 cals, 11g protein, 14g net carbs, 19g fat



Healthy Cereal
302 cals

Snacks

190 cals, 7g protein, 6g net carbs, 14g fat



Pistachios
188 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

545 cals, 47g protein, 28g net carbs, 24g fat



Baked tofu
16 oz- 452 cals



Corn
92 cals

Dinner

590 cals, 22g protein, 59g net carbs, 25g fat



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



Ginger coconut chickpea soup
457 cals

Day 7

1829 cals ● 142g protein (31%) ● 90g fat (44%) ● 89g carbs (20%) ● 24g fiber (5%)

Breakfast

300 cals, 11g protein, 14g net carbs, 19g fat



Healthy Cereal
302 cals

Snacks

190 cals, 7g protein, 6g net carbs, 14g fat



Pistachios
188 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

555 cals, 27g protein, 36g net carbs, 30g fat



Roasted almonds
1/8 cup(s)- 111 cals



Basic tofu sandwich
1 sandwich(es)- 442 cals

Dinner

570 cals, 49g protein, 33g net carbs, 26g fat



Simple seitan
6 oz- 365 cals



Simple mixed greens salad
203 cals

Beverages

- ☐ protein powder
14 1/2 scoop (1/3 cup ea) (450g)
- ☐ water
16 1/3 cup (3917mL)
- ☐ almond milk, unsweetened
2 cup(s) (451mL)

Fruits and Fruit Juices

- ☐ avocados
3 avocado(s) (628g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ lime juice
1 1/2 tbsp (23mL)
- ☐ lemon
2 small (116g)
- ☐ raisins
1/2 cup, packed (83g)
- ☐ fruit juice
10 2/3 fl oz (320mL)
- ☐ banana
1 medium (7" to 7-7/8" long) (133g)

Other

- ☐ cacao powder
1 tbsp (6g)
- ☐ sesame oil
1 tbsp (15mL)
- ☐ vegan chik'n strips
1/2 lbs (227g)
- ☐ skewer(s)
6 skewer(s) (6g)
- ☐ diced tomatoes
1/8 can(s) (53g)
- ☐ soy milk, unsweetened
1 cup(s) (mL)
- ☐ vegan ranch
1 tbsp (14mL)
- ☐ mixed greens
1 package (5.5 oz) (163g)
- ☐ vegan cheese, sliced
1 slice(s) (20g)

Nut and Seed Products

- ☐ chia seeds
1/4 cup (60g)

Vegetables and Vegetable Products

- ☐ fresh ginger
11 g (11g)
- ☐ kale leaves
2 bunch (340g)
- ☐ frozen chopped spinach
1/8 10 oz package (36g)
- ☐ onion
1 1/2 medium (2-1/2" dia) (161g)
- ☐ garlic
3 1/4 clove(s) (10g)
- ☐ tomatoes
1 3/4 medium whole (2-3/5" dia) (217g)
- ☐ fresh parsley
1 1/2 sprigs (2g)
- ☐ green pepper
1 tbsp, chopped (9g)
- ☐ bell pepper
1 large (164g)
- ☐ frozen corn kernels
1 1/3 cup (181g)

Spices and Herbs

- ☐ paprika
1/2 dash (0g)
- ☐ curry powder
1 tbsp (6g)
- ☐ balsamic vinegar
1/2 tbsp (8mL)
- ☐ black pepper
1 dash, ground (0g)
- ☐ salt
1/2 dash (0g)
- ☐ turmeric, ground
1 1/2 dash (0g)

Fats and Oils

- ☐ oil
1 1/4 oz (37mL)
- ☐ olive oil
1 tbsp (14mL)
- ☐ vegan mayonnaise
1/2 tbsp (8g)
- ☐ salad dressing
1/4 cup (68mL)

Baked Products

- ☐ coconut milk, canned
1/2 can (208mL)
- ☐ roasted pumpkin seeds, unsalted
6 3/4 tbsp (50g)
- ☐ almonds
1 2/3 oz (48g)
- ☐ pistachios, shelled
3/4 cup (92g)
- ☐ sesame seeds
2 tbsp (18g)

Legumes and Legume Products

- ☐ peanut butter
2 tbsp (32g)
- ☐ lentils, raw
10 tbsp (120g)
- ☐ chickpeas, canned
5/6 can(s) (373g)
- ☐ tempeh
2 oz (57g)
- ☐ hummus
10 tbsp (150g)
- ☐ soy sauce
1 cup (240mL)
- ☐ extra firm tofu
2 lbs (907g)
- ☐ firm tofu
2 slice(s) (168g)

- ☐ naan bread
2 piece(s) (180g)
- ☐ bread
6 3/4 oz (192g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
4 oz (114g)
- ☐ seitan
10 oz (284g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/4 jar (24 oz) (168g)
- ☐ apple cider vinegar
1/2 tbsp (0mL)
- ☐ Frank's Red Hot sauce
1 tbsp (14mL)
- ☐ chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)

Snacks

- ☐ pretzels, hard, salted
2 oz (57g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Chocolate avocado vegan chia pudding

172 cals ● 11g protein ● 9g fat ● 4g carbs ● 7g fiber



For single meal:

avocados
1/2 slices (13g)
cacao powder
1/2 tbsp (3g)
chia seeds
1 tbsp (14g)
almond milk, unsweetened
3/8 cup(s) (90mL)
protein powder
1/4 scoop (1/3 cup ea) (8g)

For all 2 meals:

avocados
1 slices (25g)
cacao powder
1 tbsp (6g)
chia seeds
2 tbsp (28g)
almond milk, unsweetened
3/4 cup(s) (180mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

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 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

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

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

bread
2 slice (64g)
hummus
5 tbsp (75g)

For all 2 meals:

bread
4 slice (128g)
hummus
10 tbsp (150g)

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

Cherry tomatoes

3 cherry tomatoes - 11 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

tomatoes
3 cherry tomatoes (51g)

For all 2 meals:

tomatoes
6 cherry tomatoes (102g)

1. Rinse tomatoes, remove any stems, and serve.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Healthy Cereal

302 cals ● 11g protein ● 19g fat ● 14g carbs ● 7g fiber



For single meal:

roasted pumpkin seeds, unsalted
2 1/4 tbsp (17g)
almonds
1 1/2 tbsp, slivered (10g)
chia seeds
3/4 tbsp (11g)
almond milk, unsweetened
3/8 cup(s) (90mL)
banana, sliced
3/8 medium (7" to 7-7/8" long)
(44g)

For all 3 meals:

roasted pumpkin seeds, unsalted
6 3/4 tbsp (50g)
almonds
1/4 cup, slivered (30g)
chia seeds
2 1/4 tbsp (32g)
almond milk, unsweetened
1 cup(s) (270mL)
banana, sliced
1 medium (7" to 7-7/8" long) (133g)

1. Add almond milk and chia seeds to a bowl. Let sit for 4 minutes or so to thicken.
2. While it thickens, add pumpkin seeds and almonds to food processor (or hand chop). Blend for a few seconds. It should still be chunky- a granola-type consistency.
3. Add to milk and top with sliced banana (or any other fruit).
4. Serve.
5. (For bulk cooking: Chop almonds and pumpkin seeds and keep in air-tight container. Then follow the steps for the milk, chia seeds, and fruit when serving.)

Lunch 1 [↗](#)

Eat on day 1

Spiced coconut lentil soup

272 cal ● 9g protein ● 16g fat ● 19g carbs ● 5g fiber



paprika
1/2 dash (0g)
diced tomatoes
1/8 can(s) (53g)
water
5/8 cup(s) (148mL)
coconut milk, canned
1/8 can (56mL)
curry powder
1/4 tbsp (2g)
oil
1/4 tbsp (4mL)
frozen chopped spinach
1/8 10 oz package (36g)
onion, diced
1/8 large (19g)
garlic, diced
5/8 clove(s) (2g)
fresh ginger, diced
1/4 slices (1" dia) (1g)
lentils, raw, rinsed
2 tbsp (24g)

1. Heat oil in a large saucepan over medium heat and add the onions. Cook until translucent, about 7 minutes.
2. Add in garlic and ginger and cook, stirring frequently, for about 4 minutes.
3. Add in curry powder and paprika and cook for 1 minute, stirring constantly.
4. Stir in coconut milk, lentils and water. Bring to a boil, lower heat and simmer for about 30 minutes.
5. Chop frozen spinach into pieces and stir into soup along with tomatoes. Stir frequently.
6. Once spinach has thawed and soup is heated throughout, serve.

Naan bread

1 piece(s) - 262 cal ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



Makes 1 piece(s)

naan bread
1 piece(s) (90g)

1. The recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2

Pasta with store-bought sauce

510 cals ● 18g protein ● 4g fat ● 94g carbs ● 8g fiber



uncooked dry pasta

4 oz (114g)

pasta sauce

1/4 jar (24 oz) (168g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

Lunch 3 [↗](#)

Eat on day 3 and day 4

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

chunky canned soup (non-creamy varieties)

1 1/2 can (~19 oz) (789g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

kale leaves, chopped

1/2 bunch (85g)

avocados, chopped

1/2 avocado(s) (101g)

lemon, juiced

1/2 small (29g)

For all 2 meals:

kale leaves, chopped

1 bunch (170g)

avocados, chopped

1 avocado(s) (201g)

lemon, juiced

1 small (58g)

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

Baked tofu

16 oz - 452 cals ● 44g protein ● 23g fat ● 11g carbs ● 5g fiber



For single meal:

soy sauce

1/2 cup (120mL)

sesame seeds

1 tbsp (9g)

extra firm tofu

1 lbs (454g)

fresh ginger, peeled and grated

1 slices (1" dia) (2g)

For all 2 meals:

soy sauce

1 cup (240mL)

sesame seeds

2 tbsp (18g)

extra firm tofu

2 lbs (907g)

fresh ginger, peeled and grated

2 slices (1" dia) (4g)

1. Pat the tofu dry and cut into cubes.
 2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
 3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
 4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
 5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.
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Corn

92 cals ● 3g protein ● 1g fat ● 17g carbs ● 2g fiber



For single meal:

frozen corn kernels

2/3 cup (91g)

For all 2 meals:

frozen corn kernels

1 1/3 cup (181g)

1. Prepare according to instructions on package.
-

Lunch 5 [↗](#)

Eat on day 7

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

almonds

2 tbsp, whole (18g)

1. The recipe has no instructions.

Basic tofu sandwich

1 sandwich(es) - 442 cals ● 24g protein ● 21g fat ● 34g carbs ● 5g fiber



Makes 1 sandwich(es)

bread

2 slice(s) (64g)

mixed greens

1 oz (28g)

tomatoes

2 slice, medium (1/4" thick) (40g)

vegan cheese, sliced

1 slice(s) (20g)

vegan mayonnaise

1/2 tbsp (8g)

oil

1 tsp (5mL)

firm tofu, rinsed and patted dry

2 slice(s) (168g)

1. Heat oil in a skillet over medium-high heat. Add tofu and cook both sides until browned.
 2. Season tofu with whichever spices you prefer.
 3. Assemble the sandwich by using the bread, vegan mayo, tofu, and the veggies. Feel free to add any low-calorie veggies or condiments.
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Snacks 1 [↗](#)

Eat on day 1 and day 2

Raisins

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



For single meal:

raisins
4 tbsp, packed (41g)

For all 2 meals:

raisins
1/2 cup, packed (83g)

- 1. The recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3 and day 4

Fruit juice

2/3 cup(s) - 76 cals ● 1g protein ● 0g fat ● 17g carbs ● 0g fiber



For single meal:

fruit juice
5 1/3 fl oz (160mL)

For all 2 meals:

fruit juice
10 2/3 fl oz (320mL)

- 1. The recipe has no instructions.

Pretzels

110 cals ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:
pretzels, hard, salted
1 oz (28g)

For all 2 meals:
pretzels, hard, salted
2 oz (57g)

1. The recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:
pistachios, shelled
4 tbsp (31g)

For all 3 meals:
pistachios, shelled
3/4 cup (92g)

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

Eat on day 1 and day 2

Chik'n satay with peanut sauce

3 skewers - 350 cals ● 28g protein ● 21g fat ● 8g carbs ● 3g fiber



For single meal:

peanut butter
1 tbsp (16g)
lime juice
3/4 tbsp (11mL)
sesame oil
1/2 tbsp (8mL)
vegan chik'n strips
4 oz (113g)
skewer(s)
3 skewer(s) (3g)
fresh ginger, grated or minced
1/2 inch (2.5cm) cube (3g)

For all 2 meals:

peanut butter
2 tbsp (32g)
lime juice
1 1/2 tbsp (23mL)
sesame oil
1 tbsp (15mL)
vegan chik'n strips
1/2 lbs (227g)
skewer(s)
6 skewer(s) (6g)
fresh ginger, grated or minced
1 inch (2.5cm) cube (5g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over over the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

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

For all 2 meals:

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

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.

Dinner 2 [↗](#)

Eat on day 3

Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



balsamic vinegar
1/2 tbsp (8mL)
apple cider vinegar
1/2 tbsp (0mL)
chickpeas, canned, drained and rinsed
1/2 can(s) (224g)
onion, thinly sliced
1/4 small (18g)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
fresh parsley, chopped
1 1/2 sprigs (2g)

1. Add all ingredients to a bowl and toss. Serve!

Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



Makes 1 cup(s)
soy milk, unsweetened
1 cup(s) (mL)

1. The recipe has no instructions.

Buffalo tempeh with vegan ranch

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



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

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 3 [↗](#)

Eat on day 4

Garlic pepper seitan

342 cals ● 31g protein ● 17g fat ● 16g carbs ● 1g fiber



olive oil
1 tbsp (15mL)
onion
2 tbsp, chopped (20g)
green pepper
1 tbsp, chopped (9g)
black pepper
1 dash, ground (0g)
water
1/2 tbsp (8mL)
salt
1/2 dash (0g)
seitan, chicken style
4 oz (113g)
garlic, minced
1 1/4 clove(s) (4g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Sauteed peppers and onions

125 cals ● 2g protein ● 7g fat ● 9g carbs ● 4g fiber



oil
1/2 tbsp (8mL)
onion, sliced
1/2 medium (2-1/2" dia) (55g)
bell pepper, sliced into strips
1 large (164g)

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.
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Dinner 4 [↗](#)

Eat on day 5 and day 6

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.

Ginger coconut chickpea soup

457 cal ● 18g protein ● 22g fat ● 37g carbs ● 10g fiber



For single meal:

oil

1 tsp (5mL)

water

5/6 cup(s) (198mL)

coconut milk, canned

1/6 can (75mL)

curry powder

1 tsp (2g)

turmeric, ground

2/3 dash (0g)

fresh ginger, diced

1/6 slices (1" dia) (0g)

onion, diced

1/6 large (25g)

garlic, diced

2/3 clove(s) (2g)

chickpeas, canned, drained

1/6 can(s) (75g)

lentils, raw, rinsed

4 tbsp (48g)

For all 2 meals:

oil

2 tsp (10mL)

water

1 2/3 cup(s) (395mL)

coconut milk, canned

1/3 can (150mL)

curry powder

2 tsp (4g)

turmeric, ground

1 1/3 dash (0g)

fresh ginger, diced

1/3 slices (1" dia) (1g)

onion, diced

1/3 large (50g)

garlic, diced

1 1/3 clove(s) (4g)

chickpeas, canned, drained

1/3 can(s) (149g)

lentils, raw, rinsed

1/2 cup (96g)

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 5 [↗](#)

Eat on day 7

Simple seitan

6 oz - 365 cal ● 45g protein ● 11g fat ● 20g carbs ● 1g fiber



Makes 6 oz

seitan

6 oz (170g)

oil

1/2 tbsp (8mL)

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 mixed greens salad

203 cal ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



mixed greens

4 1/2 cup (135g)

salad dressing

1/4 cup (68mL)

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

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cal ● 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.