

# Meal Plan - 2000 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

2001 cals ● 158g protein (32%) ● 78g fat (35%) ● 124g carbs (25%) ● 44g fiber (9%)

### Breakfast

195 cals, 3g protein, 5g net carbs, 15g fat



**Avocado**  
176 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Snacks

260 cals, 11g protein, 20g net carbs, 12g fat



**High-protein granola bar**  
1 bar(s)- 204 cals



**Carrot sticks**  
2 carrot(s)- 54 cals

### Lunch

690 cals, 53g protein, 47g net carbs, 27g fat



**Easy chickpea salad**  
234 cals



**Garlic pepper seitan**  
456 cals

### Dinner

585 cals, 31g protein, 50g net carbs, 23g fat



**Basic tempeh**  
4 oz- 295 cals



**Couscous**  
151 cals



**Carrot fries**  
138 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

## Day 2

1971 cals ● 146g protein (30%) ● 85g fat (39%) ● 120g carbs (24%) ● 35g fiber (7%)

### Breakfast

195 cals, 3g protein, 5g net carbs, 15g fat



**Avocado**  
176 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Snacks

260 cals, 11g protein, 20g net carbs, 12g fat



**High-protein granola bar**  
1 bar(s)- 204 cals



**Carrot sticks**  
2 carrot(s)- 54 cals

### Lunch

690 cals, 53g protein, 47g net carbs, 27g fat



**Easy chickpea salad**  
234 cals



**Garlic pepper seitan**  
456 cals

### Dinner

555 cals, 18g protein, 46g net carbs, 30g fat



**Soy milk**  
1 1/4 cup(s)- 106 cals



**Flatbread broccoli pizza (dairy-free)**  
448 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

## Day 3

2066 cals ● 158g protein (31%) ● 68g fat (30%) ● 165g carbs (32%) ● 38g fiber (7%)

### Breakfast

255 cals, 9g protein, 35g net carbs, 9g fat



**Small granola bar**  
1 bar(s)- 119 cals



**Soy milk yogurt**  
1 container- 136 cals

### Snacks

260 cals, 11g protein, 20g net carbs, 12g fat



**High-protein granola bar**  
1 bar(s)- 204 cals



**Carrot sticks**  
2 carrot(s)- 54 cals

### Lunch

705 cals, 50g protein, 50g net carbs, 31g fat



**Breaded seitan nuggets**  
604 cals



**Simple sauteed spinach**  
100 cals

### Dinner

575 cals, 28g protein, 59g net carbs, 15g fat



**Zoodles marinara**  
450 cals



**Soy milk**  
1 1/2 cup(s)- 127 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

## Day 4

2017 cals ● 154g protein (31%) ● 71g fat (31%) ● 153g carbs (30%) ● 37g fiber (7%)

### Breakfast

255 cals, 9g protein, 35g net carbs, 9g fat



**Small granola bar**  
1 bar(s)- 119 cals



**Soy milk yogurt**  
1 container- 136 cals

### Snacks

210 cals, 7g protein, 8g net carbs, 14g fat



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals



**Pistachios**  
188 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

705 cals, 50g protein, 50g net carbs, 31g fat



**Breaded seitan nuggets**  
604 cals



**Simple sauteed spinach**  
100 cals

### Dinner

575 cals, 28g protein, 59g net carbs, 15g fat



**Zoodles marinara**  
450 cals



**Soy milk**  
1 1/2 cup(s)- 127 cals

## Day 5

2018 cals ● 129g protein (26%) ● 101g fat (45%) ● 106g carbs (21%) ● 42g fiber (8%)

### Breakfast

270 cals, 12g protein, 32g net carbs, 8g fat



**Soy milk**  
1 1/4 cup(s)- 106 cals



**Instant oatmeal with water**  
1 packet(s)- 165 cals

### Snacks

210 cals, 7g protein, 8g net carbs, 14g fat



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals



**Pistachios**  
188 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

640 cals, 22g protein, 47g net carbs, 35g fat



**Mixed nuts**  
1/8 cup(s)- 109 cals



**Chunky canned soup (creamy)**  
1 1/2 can(s)- 530 cals

### Dinner

625 cals, 27g protein, 16g net carbs, 43g fat



**Tomato and avocado salad**  
235 cals



**Buffalo tempeh with vegan ranch**  
393 cals

# Day 6

2037 cals ● 127g protein (25%) ● 88g fat (39%) ● 128g carbs (25%) ● 55g fiber (11%)

## Breakfast

270 cals, 12g protein, 32g net carbs, 8g fat



### Soy milk

1 1/4 cup(s)- 106 cals



### Instant oatmeal with water

1 packet(s)- 165 cals

## Snacks

225 cals, 5g protein, 31g net carbs, 1g fat



### Applesauce

57 cals



### Carrot sticks

2 carrot(s)- 54 cals



### Blackberries

1 2/3 cup(s)- 116 cals

## Protein Supplement(s)

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



### Protein shake

2 1/2 scoop- 273 cals

## Lunch

640 cals, 22g protein, 47g net carbs, 35g fat



### Mixed nuts

1/8 cup(s)- 109 cals



### Chunky canned soup (creamy)

1 1/2 can(s)- 530 cals

## Dinner

625 cals, 27g protein, 16g net carbs, 43g fat



### Tomato and avocado salad

235 cals



### Buffalo tempeh with vegan ranch

393 cals

# Day 7

2010 cals ● 168g protein (33%) ● 82g fat (37%) ● 118g carbs (23%) ● 33g fiber (7%)

## Breakfast

270 cals, 12g protein, 32g net carbs, 8g fat



**Soy milk**  
1 1/4 cup(s)- 106 cals



**Instant oatmeal with water**  
1 packet(s)- 165 cals

## Snacks

225 cals, 5g protein, 31g net carbs, 1g fat



**Applesauce**  
57 cals



**Carrot sticks**  
2 carrot(s)- 54 cals



**Blackberries**  
1 2/3 cup(s)- 116 cals

## Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

## Lunch

645 cals, 26g protein, 15g net carbs, 51g fat



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals



**Tomato and avocado salad**  
117 cals



**Buffalo tofu with vegan ranch**  
506 cals

## Dinner

595 cals, 64g protein, 38g net carbs, 20g fat



**Teriyaki seitan wings**  
8 oz seitan- 595 cals

# Grocery List



## Beverages

- protein powder  
17 1/2 scoop (1/3 cup ea) (543g)
- water  
1 1/4 gallon (4762mL)

## Snacks

- high-protein granola bar  
3 bar (120g)
- small granola bar  
2 bar (50g)

## Vegetables and Vegetable Products

- carrots  
12 3/4 medium (780g)
- onion  
1 medium (2-1/2" dia) (126g)
- tomatoes  
6 1/2 medium whole (2-3/5" dia) (813g)
- fresh parsley  
3 sprigs (3g)
- green pepper  
2 3/4 tbsp, chopped (25g)
- garlic  
6 1/2 clove(s) (20g)
- broccoli  
6 tbsp chopped (34g)
- ketchup  
1/3 cup (91g)
- fresh spinach  
8 cup(s) (240g)
- zucchini  
8 medium (1568g)

## Spices and Herbs

- balsamic vinegar  
1 tbsp (15mL)
- black pepper  
3 g (3g)
- salt  
1/4 oz (7g)
- rosemary, dried  
4 dash (1g)
- garlic powder  
2 tsp (6g)
- ground cumin  
1/4 tbsp (1g)

## Legumes and Legume Products

- chickpeas, canned  
1 can(s) (448g)
- tempeh  
3/4 lbs (340g)
- soy sauce  
2 2/3 tbsp (40mL)
- firm tofu  
2/3 lbs (298g)

## Fats and Oils

- olive oil  
3 oz (89mL)
- oil  
3 oz (91mL)

## Cereal Grains and Pasta

- seitan  
29 1/3 oz (831g)
- instant couscous, flavored  
1/4 box (5.8 oz) (41g)

## Fruits and Fruit Juices

- avocados  
2 1/4 avocado(s) (452g)
- lemon juice  
1 tsp (5mL)
- lime juice  
2 1/2 tbsp (38mL)
- applesauce  
2 to-go container (~4 oz) (244g)
- blackberries  
3 1/3 cup (480g)

## Other

- soy milk, unsweetened  
8 cup(s) (mL)
- vegan cheese, shredded  
3 tbsp (21g)
- soy milk yogurt  
2 container(s) (301g)
- vegan ranch  
1/4 lbs (105mL)
- teriyaki sauce  
4 tbsp (60mL)

## Baked Products

**ground coriander**  
1/4 tbsp (1g)

**naan bread**  
3/4 piece(s) (68g)  
 **bread crumbs**  
1/2 cup (48g)

## **Soups, Sauces, and Gravies**

- apple cider vinegar**  
1 tbsp (1mL)
- pizza sauce**  
3 tbsp (47g)
- pasta sauce**  
4 cup (1040g)
- chunky canned soup (creamy varieties)**  
3 can (~19 oz) (1599g)
- Frank's Red Hot sauce**  
1/2 cup (120mL)

## **Nut and Seed Products**

- pistachios, shelled**  
1/2 cup (62g)
- mixed nuts**  
4 tbsp (34g)

## **Breakfast Cereals**

- flavored instant oatmeal**  
3 packet (129g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### 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.

### 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.

## Breakfast 2 ↗

Eat on day 3 and day 4

### Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

**small granola bar**  
1 bar (25g)

For all 2 meals:

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

1. The recipe has no instructions.

### Soy milk yogurt

1 container - 136 cals ● 6g protein ● 4g fat ● 20g carbs ● 0g fiber



For single meal:

**soy milk yogurt**  
1 container(s) (150g)

For all 2 meals:

**soy milk yogurt**  
2 container(s) (301g)

1. The recipe has no instructions.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Soy milk

1 1/4 cup(s) - 106 cals ● 9g protein ● 6g fat ● 3g carbs ● 3g fiber



For single meal:

**soy milk, unsweetened**  
1 1/4 cup(s) (mL)

For all 3 meals:

**soy milk, unsweetened**  
3 3/4 cup(s) (mL)

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 3 meals:

**flavored instant oatmeal**  
3 packet (129g)  
**water**  
2 1/4 cup(s) (533mL)

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

### Easy chickpea salad

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



For single meal:

**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)

For all 2 meals:

**balsamic vinegar**  
1 tbsp (15mL)  
**apple cider vinegar**  
1 tbsp (1mL)  
**chickpeas, canned, drained and rinsed**  
1 can(s) (448g)  
**onion, thinly sliced**  
1/2 small (35g)  
**tomatoes, halved**  
1 cup cherry tomatoes (149g)  
**fresh parsley, chopped**  
3 sprigs (3g)

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

### Garlic pepper seitan

456 cals ● 41g protein ● 22g fat ● 22g carbs ● 2g fiber



For single meal:

**olive oil**  
4 tsp (20mL)  
**onion**  
2 2/3 tbsp, chopped (27g)  
**green pepper**  
4 tsp, chopped (12g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**water**  
2 tsp (10mL)  
**salt**  
2/3 dash (0g)  
**seitan, chicken style**  
1/3 lbs (151g)  
**garlic, minced**  
1 2/3 clove(s) (5g)

For all 2 meals:

**olive oil**  
2 2/3 tbsp (40mL)  
**onion**  
1/3 cup, chopped (53g)  
**green pepper**  
2 2/3 tbsp, chopped (25g)  
**black pepper**  
1/3 tsp, ground (1g)  
**water**  
4 tsp (20mL)  
**salt**  
1 1/3 dash (1g)  
**seitan, chicken style**  
2/3 lbs (302g)  
**garlic, minced**  
3 1/3 clove(s) (10g)

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.

## Lunch 2 ↗

Eat on day 3 and day 4

### Breaded seitan nuggets

604 cals ● 46g protein ● 24g fat ● 47g carbs ● 3g fiber



For single meal:

**garlic powder**  
1/4 tbsp (2g)  
**oil**  
4 tsp (20mL)  
**soy sauce**  
4 tsp (20mL)  
**black pepper**  
2/3 dash, ground (0g)  
**ground cumin**  
1/3 tsp (1g)  
**ground coriander**  
1/3 tsp (1g)  
**bread crumbs**  
1/4 cup (24g)  
**ketchup**  
2 2/3 tbsp (45g)  
**seitan, broken into bite-sized pieces**  
1/3 lbs (151g)

For all 2 meals:

**garlic powder**  
1/2 tbsp (4g)  
**oil**  
2 2/3 tbsp (40mL)  
**soy sauce**  
2 2/3 tbsp (40mL)  
**black pepper**  
1 1/3 dash, ground (0g)  
**ground cumin**  
1/4 tbsp (1g)  
**ground coriander**  
1/4 tbsp (1g)  
**bread crumbs**  
1/2 cup (48g)  
**ketchup**  
1/3 cup (91g)  
**seitan, broken into bite-sized pieces**  
2/3 lbs (302g)

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.

### Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

**black pepper**  
1 dash, ground (0g)  
**salt**  
1 dash (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**fresh spinach**  
4 cup(s) (120g)  
**garlic, diced**  
1/2 clove (2g)

For all 2 meals:

**black pepper**  
2 dash, ground (1g)  
**salt**  
2 dash (2g)  
**olive oil**  
1 tbsp (15mL)  
**fresh spinach**  
8 cup(s) (240g)  
**garlic, diced**  
1 clove (3g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

## Lunch 3 ↗

Eat on day 5 and day 6

### 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.

### Chunky canned soup (creamy)

1 1/2 can(s) - 530 cals ● 19g protein ● 26g fat ● 45g carbs ● 12g fiber



For single meal:

**chunky canned soup (creamy varieties)**  
1 1/2 can (~19 oz) (800g)

For all 2 meals:

**chunky canned soup (creamy varieties)**  
3 can (~19 oz) (1599g)

1. Prepare according to instructions on package.

## Lunch 4 ↗

Eat on day 7

### Cherry tomatoes

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



Makes 6 cherry tomatoes

**tomatoes**  
6 cherry tomatoes (102g)

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

### 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.

## Buffalo tofu with vegan ranch

506 cals ● 23g protein ● 42g fat ● 9g carbs ● 0g fiber



**oil**  
3/4 tbsp (11mL)  
**Frank's Red Hot sauce**  
4 tbsp (59mL)  
**vegan ranch**  
3 tbsp (45mL)  
**firm tofu, patted dry & cubed**  
2/3 lbs (298g)

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.

## Snacks 1 ↗

Eat on day 1, day 2, and day 3

### High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

**high-protein granola bar**  
1 bar (40g)

For all 3 meals:

**high-protein granola bar**  
3 bar (120g)

1. The recipe has no instructions.

## Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

**carrots**  
2 medium (122g)

For all 3 meals:

**carrots**  
6 medium (366g)

1. Cut carrots into strips and serve.

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## Snacks 2 ↗

Eat on day 4 and day 5

### 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.

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### Pistachios

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



For single meal:

**pistachios, shelled**  
4 tbsp (31g)

For all 2 meals:

**pistachios, shelled**  
1/2 cup (62g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 6 and day 7

### Applesauce

57 cals ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

**applesauce**

1 to-go container (~4 oz) (122g)

For all 2 meals:

**applesauce**

2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

### Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

**carrots**

2 medium (122g)

For all 2 meals:

**carrots**

4 medium (244g)

1. Cut carrots into strips and serve.

### Blackberries

1 2/3 cup(s) - 116 cals ● 3g protein ● 1g fat ● 10g carbs ● 13g fiber



For single meal:

**blackberries**

1 2/3 cup (240g)

For all 2 meals:

**blackberries**

3 1/3 cup (480g)

1. Rinse blackberries and serve.

## Dinner 1 ↗

Eat on day 1

### Basic tempeh

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



Makes 4 oz

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

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.

### Couscous

151 cals ● 5g protein ● 0g fat ● 30g carbs ● 2g fiber



**instant couscous, flavored**  
1/4 box (5.8 oz) (41g)

1. Follow instructions on package.

### Carrot fries

138 cals ● 2g protein ● 7g fat ● 12g carbs ● 5g fiber



**olive oil**  
1/2 tbsp (8mL)  
**rosemary, dried**  
4 dash (1g)  
**salt**  
1 dash (1g)  
**carrots, peeled**  
6 oz (170g)

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.

## Dinner 2 ↗

Eat on day 2

### Soy milk

1 1/4 cup(s) - 106 cals ● 9g protein ● 6g fat ● 3g carbs ● 3g fiber



Makes 1 1/4 cup(s)

**soy milk, unsweetened**  
1 1/4 cup(s) (mL)

1. The recipe has no instructions.

### Flatbread broccoli pizza (dairy-free)

448 cals ● 10g protein ● 24g fat ● 44g carbs ● 4g fiber



**olive oil**  
1 tbsp (17mL)  
**salt**  
3/4 dash (0g)  
**black pepper**  
3/4 dash (0g)  
**vegan cheese, shredded**  
3 tbsp (21g)  
**naan bread**  
3/4 piece(s) (68g)  
**garlic, finely diced**  
2 1/4 clove(s) (7g)  
**pizza sauce**  
3 tbsp (47g)  
**broccoli**  
6 tbsp chopped (34g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and spread pizza sauce over top, top with broccoli and vegan cheese, and season with salt and pepper.,
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. Remove from oven, drizzle with remaining olive oil, allow to cool enough to slice. Serve.

## Dinner 3 ↗

Eat on day 3 and day 4

### Zoodles marinara

450 cals ● 18g protein ● 8g fat ● 56g carbs ● 20g fiber



For single meal:

**pasta sauce**  
2 cup (520g)  
**zucchini**  
4 medium (784g)

For all 2 meals:

**pasta sauce**  
4 cup (1040g)  
**zucchini**  
8 medium (1568g)

1. Spiralize zucchini.
2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
3. (optional) Transfer zoodles to towel and pat any excess water off.
4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
5. Serve.

### Soy milk

1 1/2 cup(s) - 127 cals ● 11g protein ● 7g fat ● 3g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

## Dinner 4 ↗

Eat on day 5 and day 6

### Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)

For all 2 meals:

**onion**  
2 tbsp minced (30g)  
**lime juice**  
2 tbsp (30mL)  
**olive oil**  
1/2 tbsp (8mL)  
**garlic powder**  
4 dash (2g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**avocados, cubed**  
1 avocado(s) (201g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)

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.

### Buffalo tempeh with vegan ranch

393 cals ● 24g protein ● 25g fat ● 10g carbs ● 8g fiber



For single meal:

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

For all 2 meals:

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

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 5 ↗

Eat on day 7

### Teriyaki seitan wings

8 oz seitan - 595 cals ● 64g protein ● 20g fat ● 38g carbs ● 1g fiber



Makes 8 oz seitan

**seitan**  
1/2 lbs (227g)  
**oil**  
1 tbsp (15mL)  
**teriyaki sauce**  
4 tbsp (60mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

2 1/2 scoop - 273 cals ● 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.