

Meal Plan - 2100 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

2051 cals ● 171g protein (33%) ● 76g fat (33%) ● 143g carbs (28%) ● 30g fiber (6%)

Breakfast

345 cals, 13g protein, 22g net carbs, 21g fat



Pumped up almond yogurt
1 container(s)- 242 cals



Roasted cashews
1/8 cup(s)- 104 cals

Snacks

170 cals, 2g protein, 21g net carbs, 7g fat



Vegan cheese
1 1" cube- 91 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals



Applesauce
57 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

635 cals, 60g protein, 34g net carbs, 25g fat



Vegan sausage
2 sausage(s)- 536 cals



Mixed vegetables
1 cup(s)- 97 cals

Dinner

630 cals, 35g protein, 64g net carbs, 21g fat



Chik'n stir fry
427 cals



Simple mixed greens salad
203 cals

Day 2

2065 cals ● 150g protein (29%) ● 79g fat (34%) ● 165g carbs (32%) ● 24g fiber (5%)

Breakfast

345 cals, 13g protein, 22g net carbs, 21g fat



Pumped up almond yogurt
1 container(s)- 242 cals



Roasted cashews
1/8 cup(s)- 104 cals

Snacks

170 cals, 2g protein, 21g net carbs, 7g fat



Vegan cheese
1 1" cube- 91 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals



Applesauce
57 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

645 cals, 40g protein, 56g net carbs, 28g fat



Crispy chik'n tenders
9 1/3 tender(s)- 533 cals



Simple mixed greens and tomato salad
113 cals

Dinner

630 cals, 35g protein, 64g net carbs, 21g fat



Chik'n stir fry
427 cals



Simple mixed greens salad
203 cals

Day 3

2165 cals ● 164g protein (30%) ● 76g fat (32%) ● 150g carbs (28%) ● 56g fiber (10%)

Breakfast

270 cals, 17g protein, 20g net carbs, 10g fat



Vegan breakfast sausage links
2 links- 75 cals



Southwest avocado toast
1 toast(s)- 193 cals

Snacks

230 cals, 8g protein, 23g net carbs, 9g fat



Avocado toast
1 slice(s)- 168 cals



Cucumber slices
1 cucumber- 60 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

730 cals, 29g protein, 74g net carbs, 28g fat



Roasted almonds
1/3 cup(s)- 277 cals



Spiced chickpea tabbouleh bowl
455 cals

Dinner

665 cals, 49g protein, 31g net carbs, 29g fat



Carrot & grounds stir fry
664 cals

Day 4

2089 cals ● 181g protein (35%) ● 78g fat (33%) ● 125g carbs (24%) ● 43g fiber (8%)

Breakfast

270 cals, 17g protein, 20g net carbs, 10g fat



Vegan breakfast sausage links
2 links- 75 cals



Southwest avocado toast
1 toast(s)- 193 cals

Snacks

230 cals, 8g protein, 23g net carbs, 9g fat



Avocado toast
1 slice(s)- 168 cals



Cucumber slices
1 cucumber- 60 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

655 cals, 45g protein, 49g net carbs, 29g fat



Fruit juice
1 cup(s)- 115 cals



Vegan bangers and cauliflower mash
1 1/2 sausage link(s)- 541 cals

Dinner

665 cals, 49g protein, 31g net carbs, 29g fat



Carrot & grounds stir fry
664 cals

Day 5

2128 cals ● 155g protein (29%) ● 110g fat (46%) ● 96g carbs (18%) ● 33g fiber (6%)

Breakfast

380 cals, 12g protein, 14g net carbs, 27g fat



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



Avocado
176 cals

Snacks

230 cals, 8g protein, 23g net carbs, 9g fat



Avocado toast
1 slice(s)- 168 cals



Cucumber slices
1 cucumber- 60 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

655 cals, 45g protein, 49g net carbs, 29g fat



Fruit juice
1 cup(s)- 115 cals



Vegan bangers and cauliflower mash
1 1/2 sausage link(s)- 541 cals

Dinner

590 cals, 28g protein, 9g net carbs, 44g fat



Basic tofu
8 oz- 342 cals



Spinach cauliflower mince
3 1/2 cup(s)- 249 cals

Day 6

2004 cals ● 164g protein (33%) ● 84g fat (38%) ● 112g carbs (22%) ● 36g fiber (7%)

Breakfast

380 cals, 12g protein, 14g net carbs, 27g fat



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



Avocado
176 cals

Snacks

225 cals, 8g protein, 20g net carbs, 8g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Carrots and hummus
205 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

520 cals, 48g protein, 51g net carbs, 13g fat



Simple seitan
6 oz- 365 cals



Brown rice
2/3 cup brown rice, cooked- 153 cals

Dinner

605 cals, 35g protein, 25g net carbs, 36g fat



Simple mixed greens and tomato salad
76 cals



Roasted peanuts
1/6 cup(s)- 173 cals



Seitan salad
359 cals

Day 7

2004 cals ● 164g protein (33%) ● 84g fat (38%) ● 112g carbs (22%) ● 36g fiber (7%)

Breakfast

380 cals, 12g protein, 14g net carbs, 27g fat



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



Avocado
176 cals

Snacks

225 cals, 8g protein, 20g net carbs, 8g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Carrots and hummus
205 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

520 cals, 48g protein, 51g net carbs, 13g fat



Simple seitan
6 oz- 365 cals



Brown rice
2/3 cup brown rice, cooked- 153 cals

Dinner

605 cals, 35g protein, 25g net carbs, 36g fat



Simple mixed greens and tomato salad
76 cals



Roasted peanuts
1/6 cup(s)- 173 cals



Seitan salad
359 cals

Cereal Grains and Pasta

- ☐ brown rice
1 cup (191g)
- ☐ instant couscous, flavored
3/8 box (5.8 oz) (69g)
- ☐ seitan
18 oz (510g)

Beverages

- ☐ water
1 1/4 gallon (4723mL)
- ☐ protein powder
1 1/4 lbs (554g)

Legumes and Legume Products

- ☐ soy sauce
6 1/2 tbsp (98mL)
- ☐ refried beans
1/2 cup (121g)
- ☐ vegetarian burger crumbles
1 lbs (454g)
- ☐ chickpeas, canned
3/8 can(s) (187g)
- ☐ firm tofu
1/2 lbs (227g)
- ☐ hummus
10 tbsp (150g)
- ☐ roasted peanuts
6 tbsp (55g)

Other

- ☐ vegan chik'n strips
1/2 lbs (213g)
- ☐ mixed greens
14 1/4 cup (428g)
- ☐ vegan cheese, block
2 1" cube (57g)
- ☐ cacao nibs
2 tsp (7g)
- ☐ almond yogurt, flavored
2 container (300g)
- ☐ vegan sausage
5 sausage (500g)
- ☐ meatless chik'n tenders
9 1/3 pieces (238g)
- ☐ vegan breakfast sausage links
4 links (90g)

Fats and Oils

- ☐ salad dressing
1 cup (244mL)
- ☐ oil
4 oz (125mL)

Fruits and Fruit Juices

- ☐ applesauce
2 to-go container (~4 oz) (244g)
- ☐ raspberries
16 raspberries (30g)
- ☐ avocados
2 3/4 avocado(s) (553g)
- ☐ lime juice
4 tsp (20mL)
- ☐ lemon juice
1/3 fl oz (11mL)
- ☐ fruit juice
16 fl oz (480mL)

Nut and Seed Products

- ☐ roasted cashews
4 tbsp (34g)
- ☐ almonds
5 tbsp, whole (45g)

Baked Products

- ☐ bread
1/3 lbs (160g)

Spices and Herbs

- ☐ crushed red pepper
1/4 tbsp (1g)
- ☐ ground cumin
1/2 tsp (1g)
- ☐ salt
1/3 tsp (2g)
- ☐ black pepper
1/3 tsp, ground (1g)

Snacks

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

- ☐ **guacamole, store-bought**
4 tbsp (62g)
- ☐ **frozen cauliflower**
2 1/4 cup (255g)
- ☐ **frozen riced cauliflower**
3 1/2 cup, frozen (371g)
- ☐ **nutritional yeast**
2 tsp (3g)

Vegetables and Vegetable Products

- ☐ **bell pepper**
1 1/2 medium (179g)
 - ☐ **carrots**
8 3/4 medium (534g)
 - ☐ **tomatoes**
6 1/3 medium whole (2-3/5" dia) (776g)
 - ☐ **frozen mixed veggies**
1 cup (135g)
 - ☐ **ketchup**
2 1/3 tbsp (40g)
 - ☐ **fresh spinach**
6 cup(s) (180g)
 - ☐ **cucumber**
3 1/4 cucumber (8-1/4") (966g)
 - ☐ **garlic**
6 clove(s) (19g)
 - ☐ **onion**
2 3/4 medium (2-1/2" dia) (305g)
 - ☐ **fresh cilantro**
4 tbsp, chopped (12g)
 - ☐ **fresh parsley**
1 2/3 sprigs (2g)
 - ☐ **baby carrots**
40 medium (400g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Pumped up almond yogurt

1 container(s) - 242 cals ● 10g protein ● 13g fat ● 17g carbs ● 5g fiber



For single meal:

cacao nibs
1 tsp (3g)
raspberries
8 raspberries (15g)
protein powder
1 tbsp (6g)
almond yogurt, flavored
1 container (150g)

For all 2 meals:

cacao nibs
2 tsp (7g)
raspberries
16 raspberries (30g)
protein powder
2 tbsp (12g)
almond yogurt, flavored
2 container (300g)

1. Mix almond yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.

Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

roasted cashews
2 tbsp (17g)

For all 2 meals:

roasted cashews
4 tbsp (34g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Vegan breakfast sausage links

2 links - 75 cals ● 9g protein ● 3g fat ● 2g carbs ● 1g fiber



For single meal:

vegan breakfast sausage links
2 links (45g)

For all 2 meals:

vegan breakfast sausage links
4 links (90g)

1. Cook links according to package instructions. Serve.

Southwest avocado toast

1 toast(s) - 193 cals ● 8g protein ● 7g fat ● 18g carbs ● 7g fiber



For single meal:

bread
1 slice(s) (32g)
guacamole, store-bought
2 tbsp (31g)
refried beans
4 tbsp (61g)
fresh spinach
1/8 cup(s) (4g)

For all 2 meals:

bread
2 slice(s) (64g)
guacamole, store-bought
4 tbsp (62g)
refried beans
1/2 cup (121g)
fresh spinach
1/4 cup(s) (8g)

1. Toast bread, if desired. Heat refried beans by transferring them to a microwave-safe bowl and microwaving for 1-3 minutes, stirring halfway through.
2. Spread refried beans over bread and top with guacamole and spinach. Serve.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

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.
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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 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
 2. Sprinkle with lemon or lime juice as desired.
 3. Serve and eat.
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Lunch 1 [↗](#)

Eat on day 1

Vegan sausage

2 sausage(s) - 536 cal ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

vegan sausage

2 sausage (200g)

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

Mixed vegetables

1 cup(s) - 97 cal ● 4g protein ● 1g fat ● 13g carbs ● 5g fiber



Makes 1 cup(s)

frozen mixed veggies

1 cup (135g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 2

Crispy chik'n tenders

9 1/3 tender(s) - 533 cal ● 38g protein ● 21g fat ● 48g carbs ● 0g fiber



Makes 9 1/3 tender(s)

meatless chik'n tenders

9 1/3 pieces (238g)

ketchup

2 1/3 tbsp (40g)

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

Simple mixed greens and tomato salad

113 cal ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)
salad dressing
2 1/4 tbsp (34mL)

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

Lunch 3 [🔗](#)

Eat on day 3

Roasted almonds

1/3 cup(s) - 277 cal ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

almonds
5 tbsp, whole (45g)

1. The recipe has no instructions.

Spiced chickpea tabbouleh bowl

455 cal ● 19g protein ● 5g fat ● 70g carbs ● 13g fiber



instant couscous, flavored
3/8 box (5.8 oz) (69g)
oil
1/4 tsp (1mL)
ground cumin
3 1/3 dash (1g)
lemon juice
1/4 tbsp (3mL)
cucumber, chopped
1/4 cucumber (8-1/4") (63g)
chickpeas, canned, drained & rinsed
3/8 can(s) (187g)
tomatoes, chopped
3/8 roma tomato (33g)
fresh parsley, chopped
1 2/3 sprigs (2g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Lunch 4 [↗](#)

Eat on day 4 and day 5

Fruit juice

1 cup(s) - 115 cal ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice
8 fl oz (240mL)

For all 2 meals:

fruit juice
16 fl oz (480mL)

1. The recipe has no instructions.
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Vegan bangers and cauliflower mash

1 1/2 sausage link(s) - 541 cal ● 44g protein ● 29g fat ● 23g carbs ● 4g fiber



For single meal:

frozen cauliflower
1 cup (128g)
oil
3/4 tbsp (11mL)
vegan sausage
1 1/2 sausage (150g)
onion, thinly sliced
3/4 small (53g)

For all 2 meals:

frozen cauliflower
2 1/4 cup (255g)
oil
1 1/2 tbsp (23mL)
vegan sausage
3 sausage (300g)
onion, thinly sliced
1 1/2 small (105g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
 2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
 3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
 4. When all elements are done, plate and serve.
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Lunch 5 [↗](#)

Eat on day 6 and day 7

Simple seitan

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



For single meal:

seitan
6 oz (170g)
oil
1/2 tbsp (8mL)

For all 2 meals:

seitan
3/4 lbs (340g)
oil
1 tbsp (15mL)

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.

Brown rice

2/3 cup brown rice, cooked - 153 cal ● 3g protein ● 1g fat ● 31g carbs ● 1g fiber



For single meal:

salt
1 1/3 dash (1g)
water
1/2 cup(s) (105mL)
black pepper
1 1/3 dash, ground (0g)
brown rice
1/4 cup (42g)

For all 2 meals:

salt
1/3 tsp (2g)
water
7/8 cup(s) (211mL)
black pepper
1/3 tsp, ground (1g)
brown rice
1/2 cup (84g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Snacks 1 [🔗](#)

Eat on day 1 and day 2

Vegan cheese

1 1" cube - 91 cals ● 1g protein ● 7g fat ● 6g carbs ● 0g fiber



For single meal:

vegan cheese, block
1 1" cube (28g)

For all 2 meals:

vegan cheese, block
2 1" cube (57g)

1. Slice and enjoy.

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.

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

Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread
1 slice (32g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 3 meals:

bread
3 slice (96g)
avocados, ripe, sliced
3/4 avocado(s) (151g)

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

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.
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Snacks 3 [🔗](#)

Eat on day 6 and day 7

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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Carrots and hummus

205 cals ● 7g protein ● 8g fat ● 17g carbs ● 10g fiber



For single meal:

hummus

5 tbsp (75g)

baby carrots

20 medium (200g)

For all 2 meals:

hummus

10 tbsp (150g)

baby carrots

40 medium (400g)

1. Serve carrots with hummus.
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Dinner 1 [↗](#)

Eat on day 1 and day 2

Chik'n stir fry

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



For single meal:

brown rice
1/4 cup (53g)
water
1/2 cup(s) (133mL)
soy sauce
1 1/4 tbsp (19mL)
vegan chik'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)

For all 2 meals:

brown rice
1/2 cup (107g)
water
1 cup(s) (267mL)
soy sauce
2 1/2 tbsp (37mL)
vegan chik'n strips
1/2 lbs (213g)
bell pepper, deseeded & cut into thin strips
1 1/2 medium (179g)
carrots, cut into thin strips
3 small (5-1/2" long) (150g)

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 salad

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



For single meal:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

For all 2 meals:

mixed greens
9 cup (270g)
salad dressing
1/2 cup (135mL)

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

Dinner 2 [↗](#)

Eat on day 3 and day 4

Carrot & grounds stir fry

664 cals ● 49g protein ● 29g fat ● 31g carbs ● 21g fiber



For single meal:

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)

For all 2 meals:

carrots
5 1/3 large (384g)
vegetarian burger crumbles
16 oz (454g)
soy sauce
4 tbsp (60mL)
water
2 2/3 tbsp (40mL)
crushed red pepper
1/4 tbsp (1g)
lime juice
4 tsp (20mL)
oil
2 2/3 tbsp (40mL)
garlic, minced
2 2/3 clove(s) (8g)
onion, chopped
1 1/3 large (200g)
fresh cilantro, chopped
4 tbsp, chopped (12g)

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,

Dinner 3 [↗](#)

Eat on day 5

Basic tofu

8 oz - 342 cal ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



Makes 8 oz

oil
4 tsp (20mL)
firm tofu
1/2 lbs (227g)

1. Slice tofu 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.

Spinach cauliflower mince

3 1/2 cup(s) - 249 cal ● 11g protein ● 16g fat ● 4g carbs ● 10g fiber



Makes 3 1/2 cup(s)

frozen riced cauliflower
3 1/2 cup, frozen (371g)
oil
3 1/2 tsp (18mL)
garlic, diced
3 1/2 clove(s) (11g)
fresh spinach, chopped
1 3/4 cup(s) (53g)

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

Eat on day 6 and day 7

Simple mixed greens and tomato salad

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



For single meal:

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

salad dressing

1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

salad dressing

3 tbsp (45mL)

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

Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts

3 tbsp (27g)

For all 2 meals:

roasted peanuts

6 tbsp (55g)

1. The recipe has no instructions.

Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

- oil**
1 tsp (5mL)
- nutritional yeast**
1 tsp (1g)
- salad dressing**
1 tbsp (15mL)
- fresh spinach**
2 cup(s) (60g)
- seitan, crumbled or sliced**
3 oz (85g)
- tomatoes, halved**
6 cherry tomatoes (102g)
- avocados, chopped**
1/4 avocado(s) (50g)

For all 2 meals:

- oil**
2 tsp (10mL)
- nutritional yeast**
2 tsp (3g)
- salad dressing**
2 tbsp (30mL)
- fresh spinach**
4 cup(s) (120g)
- seitan, crumbled or sliced**
6 oz (170g)
- tomatoes, halved**
12 cherry tomatoes (204g)
- avocados, chopped**
1/2 avocado(s) (101g)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

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



For single meal:

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

For all 7 meals:

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

1. The recipe has no instructions.
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