

# Meal Plan - 2200 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

2171 cals ● 143g protein (26%) ● 78g fat (32%) ● 182g carbs (34%) ● 43g fiber (8%)

### Breakfast

455 cals, 13g protein, 63g net carbs, 11g fat



#### Savory porridge

284 cals



#### Orange

2 orange(s)- 170 cals

### Lunch

715 cals, 32g protein, 84g net carbs, 23g fat



#### Raisins

1/4 cup- 137 cals



#### Simple plant-based deli wrap

1 wrap(s)- 426 cals



#### Simple mixed greens and tomato salad

151 cals

### Snacks

255 cals, 6g protein, 5g net carbs, 22g fat



#### Walnuts

1/3 cup(s)- 233 cals



#### Cherry tomatoes

6 cherry tomatoes- 21 cals

### Dinner

475 cals, 31g protein, 28g net carbs, 21g fat



#### Simple mixed greens salad

102 cals



#### Vegan crumbles

1 1/2 cup(s)- 219 cals



#### Sweet potato medallions

1/2 sweet potato- 155 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

## Day 2

2241 cals ● 138g protein (25%) ● 72g fat (29%) ● 210g carbs (37%) ● 52g fiber (9%)

### Breakfast

455 cals, 13g protein, 63g net carbs, 11g fat



#### Savory porridge

284 cals



#### Orange

2 orange(s)- 170 cals

### Lunch

715 cals, 32g protein, 84g net carbs, 23g fat



#### Raisins

1/4 cup- 137 cals



#### Simple plant-based deli wrap

1 wrap(s)- 426 cals



#### Simple mixed greens and tomato salad

151 cals

### Snacks

255 cals, 6g protein, 5g net carbs, 22g fat



#### Walnuts

1/3 cup(s)- 233 cals



#### Cherry tomatoes

6 cherry tomatoes- 21 cals

### Dinner

545 cals, 27g protein, 56g net carbs, 14g fat



#### Chickpea & kale soup

546 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

## Day 3

2192 cals ● 143g protein (26%) ● 66g fat (27%) ● 206g carbs (38%) ● 53g fiber (10%)

### Breakfast

300 cals, 16g protein, 46g net carbs, 1g fat



#### Orange

2 orange(s)- 170 cals



#### Green protein shake

130 cals

### Lunch

635 cals, 30g protein, 86g net carbs, 11g fat



#### Bbq cauliflower wings

535 cals



#### Simple mixed greens salad

102 cals

### Snacks

255 cals, 6g protein, 5g net carbs, 22g fat



#### Walnuts

1/3 cup(s)- 233 cals



#### Cherry tomatoes

6 cherry tomatoes- 21 cals

### Dinner

730 cals, 30g protein, 67g net carbs, 31g fat



#### Simple kale salad

2 cup(s)- 110 cals



#### Lentil chili

435 cals



#### Pumpkin seeds

183 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

## Day 4

2157 cals ● 142g protein (26%) ● 47g fat (20%) ● 235g carbs (43%) ● 57g fiber (11%)

### Breakfast

300 cals, 16g protein, 46g net carbs, 1g fat



#### Orange

2 orange(s)- 170 cals



#### Green protein shake

130 cals

### Snacks

220 cals, 5g protein, 34g net carbs, 4g fat



#### Carrots and hummus

82 cals



#### Cherry tomatoes

6 cherry tomatoes- 21 cals



#### Banana

1 banana(s)- 117 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

### Lunch

635 cals, 30g protein, 86g net carbs, 11g fat



#### Bbq cauliflower wings

535 cals



#### Simple mixed greens salad

102 cals

### Dinner

730 cals, 30g protein, 67g net carbs, 31g fat



#### Simple kale salad

2 cup(s)- 110 cals



#### Lentil chili

435 cals



#### Pumpkin seeds

183 cals

## Day 5

2112 cals ● 157g protein (30%) ● 76g fat (32%) ● 150g carbs (28%) ● 52g fiber (10%)

### Breakfast

320 cals, 11g protein, 32g net carbs, 14g fat



**Applesauce**  
57 cals



**Watermelon**  
8 oz- 82 cals



**Sunflower seeds**  
180 cals

### Snacks

220 cals, 5g protein, 34g net carbs, 4g fat



**Carrots and hummus**  
82 cals



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



**Banana**  
1 banana(s)- 117 cals

### Lunch

615 cals, 39g protein, 46g net carbs, 23g fat



**Carrot & grounds stir fry**  
498 cals



**Brown rice**  
1/2 cup brown rice, cooked- 115 cals

### Dinner

690 cals, 41g protein, 36g net carbs, 34g fat



**Basic tempeh**  
6 oz- 443 cals



**Roasted brussels sprouts**  
116 cals



**Sweet potato wedges**  
130 cals

### Protein Supplement(s)

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



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

## Day 6

2186 cals ● 154g protein (28%) ● 85g fat (35%) ● 159g carbs (29%) ● 40g fiber (7%)

### Breakfast

320 cals, 11g protein, 32g net carbs, 14g fat



**Applesauce**  
57 cals



**Watermelon**  
8 oz- 82 cals



**Sunflower seeds**  
180 cals

### Snacks

210 cals, 10g protein, 19g net carbs, 6g fat



**Grapes**  
102 cals



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

### Lunch

700 cals, 32g protein, 70g net carbs, 30g fat



**General tso's tofu**  
490 cals



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

### Dinner

690 cals, 41g protein, 36g net carbs, 34g fat



**Basic tempeh**  
6 oz- 443 cals



**Roasted brussels sprouts**  
116 cals



**Sweet potato wedges**  
130 cals

### Protein Supplement(s)

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



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

# Day 7

2152 cals ● 158g protein (29%) ● 70g fat (29%) ● 179g carbs (33%) ● 43g fiber (8%)

## Breakfast

320 cals, 11g protein, 32g net carbs, 14g fat



**Applesauce**  
57 cals



**Watermelon**  
8 oz- 82 cals



**Sunflower seeds**  
180 cals

## Snacks

210 cals, 10g protein, 19g net carbs, 6g fat



**Grapes**  
102 cals



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

## Protein Supplement(s)

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



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

## Lunch

700 cals, 32g protein, 70g net carbs, 30g fat



**General tso's tofu**  
490 cals



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

## Dinner

655 cals, 45g protein, 55g net carbs, 18g fat



**Vegan chili con 'carne'**  
654 cals

# Grocery List



## Beverages

- protein powder  
17 1/2 scoop (1/3 cup ea) (543g)
- water  
1 1/4 gallon (4646mL)
- protein powder, vanilla  
1 scoop (1/3 cup ea) (31g)

## Nut and Seed Products

- walnuts  
1 cup, shelled (100g)
- roasted pumpkin seeds, unsalted  
1/2 cup (59g)
- sunflower kernels  
3 oz (85g)

## Vegetables and Vegetable Products

- tomatoes  
6 medium whole (2-3/5" dia) (719g)
- fresh spinach  
4 cup(s) (120g)
- onion  
2 medium (2-1/2" dia) (241g)
- mushrooms  
6 oz (170g)
- sweet potatoes  
1 1/2 sweetpotato, 5" long (315g)
- kale leaves  
6 cup, chopped (240g)
- garlic  
10 clove(s) (30g)
- cauliflower  
4 head small (4" dia.) (1060g)
- canned whole tomatoes  
1 cup (240g)
- baby carrots  
16 medium (160g)
- carrots  
2 large (144g)
- fresh cilantro  
1 1/2 tbsp, chopped (5g)
- brussels sprouts  
1/2 lbs (227g)
- fresh ginger  
4 tbsp (24g)
- canned stewed tomatoes  
3/8 can (~14.5 oz) (152g)
- bell pepper  
3/4 medium (89g)

## Baked Products

- flour tortillas  
2 tortilla (approx 10" dia) (144g)

## Legumes and Legume Products

- hummus  
1/2 cup (120g)
- vegetarian burger crumbles  
1 1/3 package (12 oz) (448g)
- chickpeas, canned  
1 can(s) (448g)
- lentils, raw  
2/3 cup (132g)
- soy sauce  
2 oz (43mL)
- tempeh  
3/4 lbs (340g)
- firm tofu  
1 1/4 lbs (567g)
- kidney beans  
3/8 can (168g)

## Fats and Oils

- salad dressing  
1 cup (251mL)
- oil  
1/4 lbs (139mL)
- olive oil  
1 tbsp (15mL)

## Breakfast Cereals

- oatmeal, old-fashioned oats, rolled oats  
1 cup(s) (81g)

## Spices and Herbs

- thyme, dried  
4 dash, leaves (1g)
- rosemary, dried  
4 dash (1g)
- salt  
2 tsp (13g)
- chili powder  
1/3 oz (9g)
- ground cumin  
1/8 oz (4g)
- black pepper  
1/4 tbsp, ground (2g)

## Fruits and Fruit Juices

- raisins**  
1/2 cup, packed (83g)
- orange**  
9 orange (1386g)
- banana**  
2 1/2 medium (7" to 7-7/8" long) (295g)
- lime juice**  
1/2 tbsp (8mL)
- applesauce**  
3 to-go container (~4 oz) (366g)
- Watermelon**  
24 oz (680g)
- grapes**  
3 1/2 cup (322g)

## Other

- plant-based deli slices**  
14 slices (146g)
- mixed greens**  
13 3/4 cup (413g)
- nutritional yeast**  
1 cup (60g)
- soy milk, unsweetened**  
2 1/2 cup(s) (mL)

## crushed red pepper

2 dash (0g)

## apple cider vinegar

2 tbsp (30g)

## Soups, Sauces, and Gravies

- vegetable broth**  
8 cup(s) (mL)
- barbecue sauce**  
1 cup (286g)

## Cereal Grains and Pasta

- dry bulgur wheat**  
1/2 cup (70g)
- brown rice**  
2 3/4 tbsp (32g)
- cornstarch**  
4 tbsp (32g)
- quinoa, uncooked**  
2/3 cup (113g)

## Sweets

- sugar**  
2 tbsp (26g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Savory porridge

284 cals ● 10g protein ● 10g fat ● 31g carbs ● 7g fiber



For single meal:

**fresh spinach**

1 1/2 cup(s) (45g)

**oatmeal, old-fashioned oats, rolled oats**

1/2 cup(s) (41g)

**thyme, dried**

2 dash, leaves (0g)

**vegetable broth**

1 cup(s) (mL)

**oil**

1/2 tbsp (8mL)

**rosemary, dried**

2 dash (0g)

**onion, diced**

1/2 small (35g)

**mushrooms, sliced**

3 oz (85g)

For all 2 meals:

**fresh spinach**

3 cup(s) (90g)

**oatmeal, old-fashioned oats, rolled oats**

1 cup(s) (81g)

**thyme, dried**

4 dash, leaves (1g)

**vegetable broth**

2 cup(s) (mL)

**oil**

1 tbsp (15mL)

**rosemary, dried**

4 dash (1g)

**onion, diced**

1 small (70g)

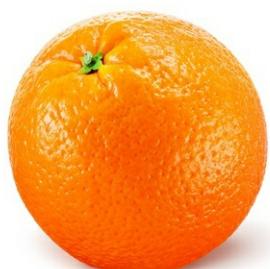
**mushrooms, sliced**

6 oz (170g)

1. Heat oil in a skillet over medium heat and add onion. Once translucent, add mushrooms and herbs and cook for about 5 minutes until mushrooms have softened.
2. Scrape mushroom mixture over to one side of the pan and add the oats to the other and let toast a minute or two.
3. Mix both sides together and add broth. Reduce heat to low and let cook for 5 minutes until most of the broth is absorbed.
4. Add spinach and mix until spinach wilts. Season with salt/pepper to taste and serve.

### Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

**orange**

2 orange (308g)

For all 2 meals:

**orange**

4 orange (616g)

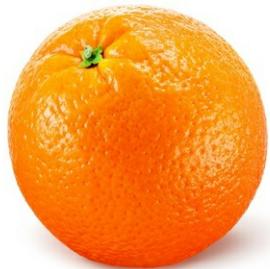
1. The recipe has no instructions.

## Breakfast 2 ↗

Eat on day 3 and day 4

### Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

**orange**  
2 orange (308g)

For all 2 meals:

**orange**  
4 orange (616g)

1. The recipe has no instructions.

### Green protein shake

130 cals ● 14g protein ● 1g fat ● 14g carbs ● 4g fiber



For single meal:

**water**  
1/8 cup(s) (30mL)  
**fresh spinach**  
1/2 cup(s) (15g)  
**protein powder, vanilla**  
1/2 scoop (1/3 cup ea) (16g)  
**banana, frozen**  
1/4 medium (7" to 7-7/8" long)  
(30g)  
**orange, peeled, sliced, and deseeded**  
1/2 orange (77g)

For all 2 meals:

**water**  
1/4 cup(s) (59mL)  
**fresh spinach**  
1 cup(s) (30g)  
**protein powder, vanilla**  
1 scoop (1/3 cup ea) (31g)  
**banana, frozen**  
1/2 medium (7" to 7-7/8" long)  
(59g)  
**orange, peeled, sliced, and deseeded**  
1 orange (154g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

## Breakfast 3 ↗

Eat on day 5, 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 3 meals:

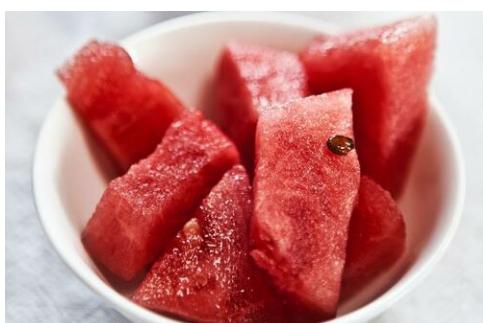
**applesauce**

3 to-go container (~4 oz) (366g)

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

### Watermelon

8 oz - 82 cals ● 2g protein ● 0g fat ● 17g carbs ● 1g fiber



For single meal:

**Watermelon**

8 oz (227g)

For all 3 meals:

**Watermelon**

24 oz (680g)

1. Slice watermelon and serve.

### Sunflower seeds

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



For single meal:

**sunflower kernels**

1 oz (28g)

For all 3 meals:

**sunflower kernels**

3 oz (85g)

1. The recipe has no instructions.

## Lunch 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.

### Simple plant-based deli wrap

1 wrap(s) - 426 cals ● 27g protein ● 14g fat ● 43g carbs ● 6g fiber



For single meal:

**plant-based deli slices**  
7 slices (73g)  
**flour tortillas**  
1 tortilla (approx 10" dia) (72g)  
**mixed greens**  
1/2 cup (15g)  
**tomatoes**  
2 slice(s), thin/small (30g)  
**hummus**  
2 tbsp (30g)

For all 2 meals:

**plant-based deli slices**  
14 slices (146g)  
**flour tortillas**  
2 tortilla (approx 10" dia) (144g)  
**mixed greens**  
1 cup (30g)  
**tomatoes**  
4 slice(s), thin/small (60g)  
**hummus**  
4 tbsp (60g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

### Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

**mixed greens**  
3 cup (90g)  
**tomatoes**  
1/2 cup cherry tomatoes (75g)  
**salad dressing**  
3 tbsp (45mL)

For all 2 meals:

**mixed greens**  
6 cup (180g)  
**tomatoes**  
1 cup cherry tomatoes (149g)  
**salad dressing**  
6 tbsp (90mL)

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

## Lunch 2 ↗

Eat on day 3 and day 4

### Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



For single meal:

**barbecue sauce**  
1/2 cup (143g)  
**salt**  
4 dash (3g)  
**nutritional yeast**  
1/2 cup (30g)  
**cauliflower**  
2 head small (4" dia.) (530g)

For all 2 meals:

**barbecue sauce**  
1 cup (286g)  
**salt**  
1 tsp (6g)  
**nutritional yeast**  
1 cup (60g)  
**cauliflower**  
4 head small (4" dia.) (1060g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbecue sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbecue sauce. Serve.

### Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

**mixed greens**  
2 1/4 cup (68g)  
**salad dressing**  
2 1/4 tbsp (34mL)

For all 2 meals:

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

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

## Lunch 3 ↗

Eat on day 5

### Carrot & grounds stir fry

498 cals ● 37g protein ● 22g fat ● 23g carbs ● 15g fiber



**carrots**  
2 large (144g)  
**vegetarian burger crumbles**  
6 oz (170g)  
**soy sauce**  
1 1/2 tbsp (23mL)  
**water**  
1 tbsp (15mL)  
**crushed red pepper**  
2 dash (0g)  
**lime juice**  
1/2 tbsp (8mL)  
**oil**  
1 tbsp (15mL)  
**garlic, minced**  
1 clove(s) (3g)  
**onion, chopped**  
1/2 large (75g)  
**fresh cilantro, chopped**  
1 1/2 tbsp, chopped (5g)

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,

### Brown rice

1/2 cup brown rice, cooked - 115 cals ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



Makes 1/2 cup brown rice, cooked

**salt**  
1 dash (1g)  
**water**  
1/3 cup(s) (79mL)  
**black pepper**  
1 dash, ground (0g)  
**brown rice**  
2 2/3 tbsp (32g)

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.

## Lunch 4 ↗

Eat on day 6 and day 7

### General tso's tofu

490 cals ● 24g protein ● 27g fat ● 38g carbs ● 1g fiber



For single meal:

**soy sauce**  
2 tsp (10mL)  
**fresh ginger, minced**  
2 tbsp (12g)  
**sugar**  
1 tbsp (13g)  
**apple cider vinegar**  
1 tbsp (15g)  
**cornstarch**  
2 tbsp (16g)  
**oil**  
1 tbsp (15mL)  
**garlic, minced**  
2 clove(s) (6g)  
**firm tofu, patted dry & cubed**  
10 oz (284g)

For all 2 meals:

**soy sauce**  
4 tsp (20mL)  
**fresh ginger, minced**  
4 tbsp (24g)  
**sugar**  
2 tbsp (26g)  
**apple cider vinegar**  
2 tbsp (30g)  
**cornstarch**  
4 tbsp (32g)  
**oil**  
2 tbsp (30mL)  
**garlic, minced**  
4 clove(s) (12g)  
**firm tofu, patted dry & cubed**  
1 1/4 lbs (567g)

1. In a small bowl, whisk together the ginger, garlic, soy sauce, sugar, and apple cider vinegar. Set aside.
2. In a large bowl, combine cubed tofu, cornstarch, and some salt and pepper. Toss to coat.
3. Heat oil in a large non-stick skillet over medium-high heat. Add tofu and cook until crispy, 5-8 minutes.
4. Reduce heat to low and pour in sauce. Stir and cook until sauce thickens, about 1 minute. Serve.

### Quinoa

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



For single meal:

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

For all 2 meals:

**water**  
1 1/3 cup(s) (316mL)  
**quinoa, uncooked**  
2/3 cup (113g)

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.

## Snacks 1 ↗

Eat on day 1, day 2, and day 3

### Walnuts

1/3 cup(s) - 233 cals ● 5g protein ● 22g fat ● 2g carbs ● 2g fiber



For single meal:

**walnuts**

1/3 cup, shelled (33g)

For all 3 meals:

**walnuts**

1 cup, shelled (100g)

1. The recipe has no instructions.

### 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 3 meals:

**tomatoes**

18 cherry tomatoes (306g)

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

## Snacks 2 ↗

Eat on day 4 and day 5

### Carrots and hummus

82 cals ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

**hummus**  
2 tbsp (30g)  
**baby carrots**  
8 medium (80g)

For all 2 meals:

**hummus**  
4 tbsp (60g)  
**baby carrots**  
16 medium (160g)

1. Serve carrots with hummus.

### 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.

### Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

**banana**  
1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

**banana**  
2 medium (7" to 7-7/8" long) (236g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 6 and day 7

### Grapes

102 cals ● 1g protein ● 1g fat ● 16g carbs ● 6g fiber



For single meal:

**grapes**  
1 3/4 cup (161g)

For all 2 meals:

**grapes**  
3 1/2 cup (322g)

1. The recipe has no instructions.

### 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 2 meals:

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

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1

### Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



**mixed greens**  
2 1/4 cup (68g)  
**salad dressing**  
2 1/4 tbsp (34mL)

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

### Vegan crumbles

1 1/2 cup(s) - 219 cals ● 28g protein ● 7g fat ● 4g carbs ● 8g fiber



Makes 1 1/2 cup(s)

**vegetarian burger crumbles**  
1 1/2 cup (150g)

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

## Sweet potato medallions

1/2 sweet potato - 155 cals ● 2g protein ● 7g fat ● 18g carbs ● 3g fiber



Makes 1/2 sweet potato

**oil**  
1/2 tbsp (8mL)  
**sweet potatoes, sliced**  
1/2 sweetpotato, 5" long (105g)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

## Dinner 2 ↗

Eat on day 2

### Chickpea & kale soup

546 cals ● 27g protein ● 14g fat ● 56g carbs ● 21g fiber



**vegetable broth**  
4 cup(s) (mL)  
**oil**  
1 tsp (5mL)  
**kale leaves, chopped**  
2 cup, chopped (80g)  
**garlic, minced**  
2 clove(s) (6g)  
**chickpeas, canned, drained**  
1 can(s) (448g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

## Dinner 3 ↗

Eat on day 3 and day 4

### Simple kale salad

2 cup(s) - 110 cals ● 2g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

**kale leaves**  
2 cup, chopped (80g)  
**salad dressing**  
2 tbsp (30mL)

For all 2 meals:

**kale leaves**  
4 cup, chopped (160g)  
**salad dressing**  
4 tbsp (60mL)

1. Toss kale in dressing of your choice and serve.

### Lentil chili

435 cals ● 19g protein ● 9g fat ● 55g carbs ● 14g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**lentils, raw**  
4 tbsp (48g)  
**chili powder**  
1/2 tbsp (4g)  
**ground cumin**  
1/4 tbsp (2g)  
**salt**  
1 dash (1g)  
**black pepper**  
1/2 dash, ground (0g)  
**dry bulgur wheat**  
4 tbsp (35g)  
**vegetable broth**  
3/4 cup(s) (mL)  
**canned whole tomatoes, chopped**  
1/2 cup (120g)  
**onion, chopped**  
1/4 medium (2-1/2" dia) (28g)  
**garlic, minced**  
1 clove(s) (3g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**lentils, raw**  
1/2 cup (96g)  
**chili powder**  
1 tbsp (8g)  
**ground cumin**  
1/2 tbsp (3g)  
**salt**  
2 dash (2g)  
**black pepper**  
1 dash, ground (0g)  
**dry bulgur wheat**  
1/2 cup (70g)  
**vegetable broth**  
1 1/2 cup(s) (mL)  
**canned whole tomatoes, chopped**  
1 cup (240g)  
**onion, chopped**  
1/2 medium (2-1/2" dia) (55g)  
**garlic, minced**  
2 clove(s) (6g)

1. In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

### 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.

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## Dinner 4

Eat on day 5 and day 6

### Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

**tempeh**  
6 oz (170g)  
**oil**  
1 tbsp (15mL)

For all 2 meals:

**tempeh**  
3/4 lbs (340g)  
**oil**  
2 tbsp (30mL)

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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### Roasted brussels sprouts

116 cals ● 3g protein ● 7g fat ● 6g carbs ● 4g fiber



For single meal:

**salt**  
1 dash (1g)  
**black pepper**  
2/3 dash, ground (0g)  
**brussels sprouts**  
4 oz (113g)  
**olive oil**  
1/2 tbsp (8mL)

For all 2 meals:

**salt**  
2 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**brussels sprouts**  
1/2 lbs (227g)  
**olive oil**  
3 tsp (15mL)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and 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.

## Dinner 5 ↗

Eat on day 7

### Vegan chili con 'carne'

654 cals ● 45g protein ● 18g fat ● 55g carbs ● 23g fiber



**oil**  
3/4 tbsp (11mL)  
**lentils, raw**  
3 tbsp (36g)  
**vegetarian burger crumbles**  
3/8 package (12 oz) (128g)  
**ground cumin**  
3 dash (1g)  
**chili powder**  
3 dash (1g)  
**vegetable broth**  
3/8 cup(s) (mL)  
**onion, chopped**  
3/8 medium (2-1/2" dia) (41g)  
**canned stewed tomatoes**  
3/8 can (~14.5 oz) (152g)  
**garlic, minced**  
1 clove(s) (3g)  
**kidney beans, drained and rinsed**  
3/8 can (168g)  
**bell pepper, chopped**  
3/4 medium (89g)

1. Heat the oil in a large saucepan over medium heat.
2. Add the garlic, and chopped onion and peppers. Cook until soft.
3. Add in the cumin, chili powder, and salt and pepper to taste. Stir.
4. Add in the kidney beans, lentils, tomatoes, veggie crumbles, and the vegetable stock.
5. Bring to a simmer and cook for 25 minutes.

## 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.