

# Meal Plan - 2300 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

2301 cals ● 184g protein (32%) ● 82g fat (32%) ● 167g carbs (29%) ● 40g fiber (7%)

### Breakfast

345 cals, 23g protein, 31g net carbs, 11g fat



**Vegan breakfast sausage links**  
4 links- 150 cals



**Vegan English bubble & squeak**  
2 patties- 194 cals

### Snacks

155 cals, 4g protein, 13g net carbs, 8g fat



**Apple & peanut butter**  
1/2 apple(s)- 155 cals

### Lunch

780 cals, 58g protein, 73g net carbs, 25g fat



**Breaded seitan nuggets**  
604 cals



**Lentils**  
174 cals

### Dinner

750 cals, 39g protein, 48g net carbs, 37g fat



**Basic tempeh**  
6 oz- 443 cals



**Sweet potato medallions**  
1 sweet potato- 309 cals

### Protein Supplement(s)

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



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

## Day 2

2223 cals ● 166g protein (30%) ● 67g fat (27%) ● 208g carbs (37%) ● 31g fiber (6%)

### Breakfast

345 cals, 23g protein, 31g net carbs, 11g fat



**Vegan breakfast sausage links**  
4 links- 150 cals



**Vegan English bubble & squeak**  
2 patties- 194 cals

### Snacks

155 cals, 4g protein, 13g net carbs, 8g fat



**Apple & peanut butter**  
1/2 apple(s)- 155 cals

### Lunch

780 cals, 58g protein, 73g net carbs, 25g fat



**Breaded seitan nuggets**  
604 cals



**Lentils**  
174 cals

### Dinner

675 cals, 21g protein, 89g net carbs, 22g fat



**Veggie burger with 'cheese'**  
1 burger- 340 cals



**Sauteed mushrooms**  
6 oz mushrooms- 143 cals



**Brown rice**  
5/6 cup brown rice, cooked- 191 cals

### Protein Supplement(s)

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



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

## Day 3

2310 cals ● 187g protein (32%) ● 73g fat (28%) ● 171g carbs (30%) ● 56g fiber (10%)

### Breakfast

285 cals, 13g protein, 41g net carbs, 7g fat



**Celery sticks**  
2 celery stalk- 13 cals



**Soy milk yogurt**  
2 container- 271 cals

### Snacks

270 cals, 6g protein, 31g net carbs, 9g fat



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



**Apple**  
1 apple(s)- 105 cals



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

### Lunch

730 cals, 63g protein, 49g net carbs, 23g fat



**Tossed salad**  
303 cals



**Simple seitan**  
7 oz- 426 cals

### Dinner

755 cals, 46g protein, 48g net carbs, 32g fat



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



**Carrot & grounds stir fry**  
498 cals

### Protein Supplement(s)

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



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

## Day 4

2331 cals ● 167g protein (29%) ● 61g fat (24%) ● 230g carbs (39%) ● 48g fiber (8%)

### Breakfast

285 cals, 13g protein, 41g net carbs, 7g fat



**Celery sticks**

2 celery stalk- 13 cals



**Soy milk yogurt**

2 container- 271 cals

### Snacks

270 cals, 6g protein, 31g net carbs, 9g fat



**Roasted almonds**

1/8 cup(s)- 111 cals



**Apple**

1 apple(s)- 105 cals



**Carrot sticks**

2 carrot(s)- 54 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

730 cals, 63g protein, 49g net carbs, 23g fat



**Tossed salad**

303 cals



**Simple seitan**

7 oz- 426 cals

### Dinner

775 cals, 25g protein, 108g net carbs, 20g fat



**Veggie burger**

2 burger- 550 cals



**Tomato cucumber salad**

71 cals



**Sweet potato medallions**

1/2 sweet potato- 155 cals

## Day 5

2315 cals ● 150g protein (26%) ● 90g fat (35%) ● 186g carbs (32%) ● 40g fiber (7%)

### Breakfast

285 cals, 13g protein, 41g net carbs, 7g fat



**Celery sticks**

2 celery stalk- 13 cals



**Soy milk yogurt**

2 container- 271 cals

### Snacks

260 cals, 9g protein, 15g net carbs, 17g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Rice cakes with peanut butter**

1 cake(s)- 240 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

720 cals, 43g protein, 20g net carbs, 45g fat



**Sunflower seeds**

301 cals



**Crack slaw with tempeh**

422 cals

### Dinner

775 cals, 25g protein, 108g net carbs, 20g fat



**Veggie burger**

2 burger- 550 cals



**Tomato cucumber salad**

71 cals



**Sweet potato medallions**

1/2 sweet potato- 155 cals

## Day 6

2315 cals ● 169g protein (29%) ● 88g fat (34%) ● 148g carbs (26%) ● 62g fiber (11%)

### Breakfast

370 cals, 15g protein, 45g net carbs, 10g fat



**Clementine**

2 clementine(s)- 78 cals



**Hummus toast**

2 slice(s)- 293 cals

### Snacks

260 cals, 9g protein, 15g net carbs, 17g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Rice cakes with peanut butter**

1 cake(s)- 240 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

720 cals, 43g protein, 20g net carbs, 45g fat



**Sunflower seeds**

301 cals



**Crack slaw with tempeh**

422 cals

### Dinner

690 cals, 42g protein, 66g net carbs, 16g fat



**Tempeh & mushroom stir fry**

443 cals



**Simple salad with tomatoes and carrots**

245 cals

## Day 7

2302 cals ● 188g protein (33%) ● 78g fat (30%) ● 158g carbs (28%) ● 54g fiber (9%)

### Breakfast

370 cals, 15g protein, 45g net carbs, 10g fat



**Clementine**

2 clementine(s)- 78 cals



**Hummus toast**

2 slice(s)- 293 cals

### Snacks

260 cals, 9g protein, 15g net carbs, 17g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Rice cakes with peanut butter**

1 cake(s)- 240 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

710 cals, 61g protein, 30g net carbs, 34g fat



**Vegan sausage**

2 sausage(s)- 536 cals



**Roasted brussels sprouts**

174 cals

### Dinner

690 cals, 42g protein, 66g net carbs, 16g fat



**Tempeh & mushroom stir fry**

443 cals



**Simple salad with tomatoes and carrots**

245 cals

# Grocery List



## Beverages

- ☐ protein powder  
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ water  
1 1/4 gallon (4800mL)

## Other

- ☐ vegan breakfast sausage links  
8 links (180g)
- ☐ veggie burger patty  
5 patty (355g)
- ☐ mixed greens  
2 package (5.5 oz) (297g)
- ☐ vegan cheese, sliced  
1 slice(s) (20g)
- ☐ soy milk yogurt  
6 container(s) (902g)
- ☐ coleslaw mix  
4 cup (360g)
- ☐ vegan sausage  
2 sausage (200g)

## Fats and Oils

- ☐ oil  
5 oz (156mL)
- ☐ salad dressing  
1/2 lbs (206mL)
- ☐ olive oil  
3/4 tbsp (11mL)

## Soups, Sauces, and Gravies

- ☐ hot sauce  
2 tbsp (30mL)

## Vegetables and Vegetable Products

- ☐ potatoes  
4 small (1-3/4" to 2-1/4" dia.) (368g)
- ☐ brussels sprouts  
9 1/2 oz (270g)
- ☐ ketchup  
10 1/3 tbsp (176g)
- ☐ sweet potatoes  
2 sweetpotato, 5" long (420g)
- ☐ mushrooms  
2/3 lbs (310g)
- ☐ carrots  
9 2/3 medium (589g)

## Fruits and Fruit Juices

- ☐ apples  
3 medium (3" dia) (546g)
- ☐ lime juice  
1/2 tbsp (8mL)
- ☐ clementines  
4 fruit (296g)

## Legumes and Legume Products

- ☐ peanut butter  
1/2 cup (128g)
- ☐ soy sauce  
6 tbsp (93mL)
- ☐ lentils, raw  
1/2 cup (96g)
- ☐ tempeh  
22 oz (624g)
- ☐ vegetarian burger crumbles  
6 oz (170g)
- ☐ hummus  
10 tbsp (150g)

## Spices and Herbs

- ☐ garlic powder  
3/4 tbsp (7g)
- ☐ black pepper  
4 dash, ground (1g)
- ☐ ground cumin  
1/4 tbsp (1g)
- ☐ ground coriander  
1/4 tbsp (1g)
- ☐ salt  
4 dash (3g)
- ☐ crushed red pepper  
2 dash (0g)
- ☐ ground ginger  
4 dash (1g)

## Baked Products

- ☐ bread crumbs  
1/2 cup (48g)
- ☐ hamburger buns  
5 bun(s) (255g)
- ☐ bread  
4 slice (128g)

## Cereal Grains and Pasta

- ☐ **romaine lettuce**  
5 hearts (2500g)
- ☐ **tomatoes**  
9 medium whole (2-3/5" dia) (1087g)
- ☐ **red onion**  
1 medium (2-1/2" dia) (104g)
- ☐ **cucumber**  
2 cucumber (8-1/4") (640g)
- ☐ **raw celery**  
8 stalk, medium (7-1/2" - 8" long) (320g)
- ☐ **garlic**  
3 clove(s) (9g)
- ☐ **onion**  
1/2 large (75g)
- ☐ **fresh cilantro**  
1 1/2 tbsp, chopped (5g)
- ☐ **bell pepper**  
1 large (164g)

- ☐ **seitan**  
1 1/2 lbs (699g)
- ☐ **brown rice**  
3/4 cup (148g)

## **Nut and Seed Products**

- ☐ **almonds**  
4 tbsp, whole (36g)
- ☐ **sunflower kernels**  
4 oz (118g)

## **Snacks**

- ☐ **rice cakes, any flavor**  
3 cakes (27g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Vegan breakfast sausage links

4 links - 150 cals ● 18g protein ● 6g fat ● 4g carbs ● 2g fiber



For single meal:

**vegan breakfast sausage links**  
4 links (90g)

For all 2 meals:

**vegan breakfast sausage links**  
8 links (180g)

1. Cook links according to package instructions. Serve.

### Vegan English bubble & squeak

2 patties - 194 cals ● 5g protein ● 5g fat ● 27g carbs ● 6g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**hot sauce**  
2 tsp (10mL)  
**potatoes, peeled & cut into chunks**  
2 small (1-3/4" to 2-1/4" dia.)  
(184g)  
**brussels sprouts, shredded**  
1 cup, shredded (50g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**hot sauce**  
4 tsp (20mL)  
**potatoes, peeled & cut into chunks**  
4 small (1-3/4" to 2-1/4" dia.)  
(368g)  
**brussels sprouts, shredded**  
2 cup, shredded (100g)

1. Add potatoes to a pot, cover with water, and boil for 10-15 minutes until fork-tender. Drain and mash the potatoes with a fork. Season with salt and pepper.
2. In a large bowl, mix the mash potatoes and brussels sprouts. Season generously with salt and pepper.
3. Form into patties (use number of patties listed in recipe details).
4. Heat oil in a skillet over medium heat. Press patties into the oil and leave undisturbed until browned on one side, about 2-3 minutes. Flip and cook the other side.
5. Serve with hot sauce.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

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### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

#### raw celery

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

For all 3 meals:

#### raw celery

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

1. Slice celery into sticks and serve.
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### Soy milk yogurt

2 container - 271 cals ● 12g protein ● 7g fat ● 39g carbs ● 1g fiber



For single meal:

#### soy milk yogurt

2 container(s) (301g)

For all 3 meals:

#### soy milk yogurt

6 container(s) (902g)

1. The recipe has no instructions.
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## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Clementine

2 clementine(s) - 78 cals ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

**clementines**  
2 fruit (148g)

For all 2 meals:

**clementines**  
4 fruit (296g)

1. The recipe has no instructions.

### 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.

## Lunch 1 [↗](#)

Eat on day 1 and day 2

### 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.

### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**water**  
1 cup(s) (237mL)  
**salt**  
1/2 dash (0g)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

**water**  
2 cup(s) (474mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
1/2 cup (96g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

## Lunch 2 [↗](#)

Eat on day 3 and day 4

### Tossed salad

303 cals ● 11g protein ● 10g fat ● 25g carbs ● 17g fiber



For single meal:

**romaine lettuce, shredded**  
1 1/4 hearts (625g)  
**tomatoes, diced**  
1 1/4 small whole (2-2/5" dia)  
(114g)  
**salad dressing**  
2 1/2 tbsp (38mL)  
**red onion, sliced**  
1/3 medium (2-1/2" dia) (34g)  
**cucumber, sliced or diced**  
1/3 cucumber (8-1/4") (94g)  
**carrots, peeled and shredded or sliced**  
1 1/4 small (5-1/2" long) (63g)

For all 2 meals:

**romaine lettuce, shredded**  
2 1/2 hearts (1250g)  
**tomatoes, diced**  
2 1/2 small whole (2-2/5" dia)  
(228g)  
**salad dressing**  
5 tbsp (75mL)  
**red onion, sliced**  
5/8 medium (2-1/2" dia) (69g)  
**cucumber, sliced or diced**  
5/8 cucumber (8-1/4") (188g)  
**carrots, peeled and shredded or sliced**  
2 1/2 small (5-1/2" long) (125g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

### Simple seitan

7 oz - 426 cals ● 53g protein ● 13g fat ● 23g carbs ● 1g fiber



For single meal:

**seitan**  
1/2 lbs (198g)  
**oil**  
1 3/4 tsp (9mL)

For all 2 meals:

**seitan**  
14 oz (397g)  
**oil**  
3 1/2 tsp (18mL)

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.

## Lunch 3 [↗](#)

Eat on day 5 and day 6

### Sunflower seeds

301 cals ● 14g protein ● 24g fat ● 4g carbs ● 4g fiber



For single meal:

**sunflower kernels**  
1 2/3 oz (47g)

For all 2 meals:

**sunflower kernels**  
1/4 lbs (94g)

1. The recipe has no instructions.

### Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



For single meal:

**coleslaw mix**  
2 cup (180g)  
**hot sauce**  
1 tsp (5mL)  
**sunflower kernels**  
1 tbsp (12g)  
**oil**  
2 tsp (10mL)  
**garlic, minced**  
1 clove (3g)  
**tempeh, cubed**  
4 oz (113g)

For all 2 meals:

**coleslaw mix**  
4 cup (360g)  
**hot sauce**  
2 tsp (10mL)  
**sunflower kernels**  
2 tbsp (24g)  
**oil**  
4 tsp (20mL)  
**garlic, minced**  
2 clove (6g)  
**tempeh, cubed**  
1/2 lbs (227g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

## Lunch 4 [↗](#)

Eat on day 7

### Vegan sausage

2 sausage(s) - 536 cals ● 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.

### Roasted brussels sprouts

174 cals ● 5g protein ● 10g fat ● 9g carbs ● 7g fiber



#### salt

1 1/2 dash (1g)

#### black pepper

1 dash, ground (0g)

#### brussels sprouts

6 oz (170g)

#### olive oil

3/4 tbsp (11mL)

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.



## Snacks 1 [↗](#)

Eat on day 1 and day 2

### Apple & peanut butter

1/2 apple(s) - 155 cals ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



For single meal:

**apples**  
1/2 medium (3" dia) (91g)  
**peanut butter**  
1 tbsp (16g)

For all 2 meals:

**apples**  
1 medium (3" dia) (182g)  
**peanut butter**  
2 tbsp (32g)

1. Slice an apple and spread peanut butter evenly over each slice.

## Snacks 2 [↗](#)

Eat on day 3 and day 4

### Roasted almonds

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



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. The recipe has no instructions.

### Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

**apples**

1 medium (3" dia) (182g)

For all 2 meals:

**apples**

2 medium (3" dia) (364g)

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 2 meals:

**carrots**

4 medium (244g)

1. Cut carrots into strips and serve.

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## Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

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### 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.

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### Rice cakes with peanut butter

1 cake(s) - 240 cals ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber





For single meal:

**peanut butter**  
2 tbsp (32g)  
**rice cakes, any flavor**  
1 cakes (9g)

For all 3 meals:

**peanut butter**  
6 tbsp (96g)  
**rice cakes, any flavor**  
3 cakes (27g)

1. Spread peanut butter over top of rice cake.

## Dinner 1 [↗](#)

Eat on day 1

### Basic tempeh

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



Makes 6 oz

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

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.

### Sweet potato medallions

1 sweet potato - 309 cals ● 3g protein ● 14g fat ● 36g carbs ● 6g fiber



Makes 1 sweet potato

**oil**

1 tbsp (15mL)

**sweet potatoes, sliced**

1 sweetpotato, 5" long (210g)

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.

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## Dinner 2 [↗](#)

Eat on day 2

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### Veggie burger with 'cheese'

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



Makes 1 burger

**veggie burger patty**

1 patty (71g)

**mixed greens**

1 oz (28g)

**ketchup**

1 tbsp (17g)

**hamburger buns**

1 bun(s) (51g)

**vegan cheese, sliced**

1 slice(s) (20g)

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

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### Sauteed mushrooms

6 oz mushrooms - 143 cal ● 5g protein ● 11g fat ● 4g carbs ● 2g fiber



Makes 6 oz mushrooms

**oil**

3/4 tbsp (11mL)

**mushrooms, sliced**

6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

### Brown rice

5/6 cup brown rice, cooked - 191 cal ● 4g protein ● 2g fat ● 39g carbs ● 2g fiber



Makes 5/6 cup brown rice, cooked

- salt**  
1/4 tsp (1g)
- water**  
1/2 cup(s) (132mL)
- black pepper**  
1/4 tsp, ground (0g)
- brown rice**  
1/4 cup (53g)

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.

### Dinner 3 [↗](#)

Eat on day 3

#### Simple salad with celery, cucumber & tomato

256 cals ● 9g protein ● 10g fat ● 26g carbs ● 8g fiber



- salad dressing**  
3 tbsp (45mL)
- raw celery, chopped**  
2 stalk, medium (7-1/2" - 8" long) (80g)
- mixed greens**  
1 package (5.5 oz) (155g)
- cucumber, sliced**  
1 cucumber (8-1/4") (301g)
- tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)

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

#### 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,

## Dinner 4 [↗](#)

Eat on day 4 and day 5

### Veggie burger

2 burger - 550 cal ● 22g protein ● 10g fat ● 82g carbs ● 11g fiber



For single meal:  
**hamburger buns**  
2 bun(s) (102g)  
**ketchup**  
2 tbsp (34g)  
**mixed greens**  
2 oz (57g)  
**veggie burger patty**  
2 patty (142g)

For all 2 meals:  
**hamburger buns**  
4 bun(s) (204g)  
**ketchup**  
4 tbsp (68g)  
**mixed greens**  
4 oz (113g)  
**veggie burger patty**  
4 patty (284g)

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

### Tomato cucumber salad

71 cal ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber





For single meal:

**salad dressing**

1 tbsp (15mL)

**red onion, thinly sliced**

1/4 small (18g)

**cucumber, thinly sliced**

1/4 cucumber (8-1/4") (75g)

**tomatoes, thinly sliced**

1/2 medium whole (2-3/5" dia)  
(62g)

For all 2 meals:

**salad dressing**

2 tbsp (30mL)

**red onion, thinly sliced**

1/2 small (35g)

**cucumber, thinly sliced**

1/2 cucumber (8-1/4") (151g)

**tomatoes, thinly sliced**

1 medium whole (2-3/5" dia) (123g)

1. Mix ingredients together in a bowl and serve.

## Sweet potato medallions

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



For single meal:

**oil**

1/2 tbsp (8mL)

**sweet potatoes, sliced**

1/2 sweetpotato, 5" long (105g)

For all 2 meals:

**oil**

1 tbsp (15mL)

**sweet potatoes, sliced**

1 sweetpotato, 5" long (210g)

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.
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## Dinner 5 [↗](#)

Eat on day 6 and day 7

### Tempeh & mushroom stir fry

443 cals ● 33g protein ● 8g fat ● 49g carbs ● 12g fiber



For single meal:

**brown rice**  
4 tbsp (48g)  
**soy sauce**  
1 tbsp (15mL)  
**garlic powder**  
4 dash (2g)  
**ground ginger**  
2 dash (0g)  
**mushrooms, chopped**  
1 cup, chopped (70g)  
**tempeh, sliced**  
4 oz (113g)  
**bell pepper, sliced**  
1/2 large (82g)

For all 2 meals:

**brown rice**  
1/2 cup (95g)  
**soy sauce**  
2 tbsp (30mL)  
**garlic powder**  
1 tsp (3g)  
**ground ginger**  
4 dash (1g)  
**mushrooms, chopped**  
2 cup, chopped (140g)  
**tempeh, sliced**  
1/2 lbs (227g)  
**bell pepper, sliced**  
1 large (164g)

1. Cook rice according to its package instructions. Set aside.
2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
4. Combine rice with the tempeh and vegetable mixture. Serve.

### Simple salad with tomatoes and carrots

245 cals ● 10g protein ● 8g fat ● 18g carbs ● 16g fiber



For single meal:

**salad dressing**  
2 tbsp (28mL)  
**carrots, sliced**  
5/8 medium (38g)  
**romaine lettuce, roughly chopped**  
1 1/4 hearts (625g)  
**tomatoes, diced**  
1 1/4 medium whole (2-3/5" dia)  
(154g)

For all 2 meals:

**salad dressing**  
1/4 cup (56mL)  
**carrots, sliced**  
1 1/4 medium (76g)  
**romaine lettuce, roughly chopped**  
2 1/2 hearts (1250g)  
**tomatoes, diced**  
2 1/2 medium whole (2-3/5" dia)  
(308g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

# Protein Supplement(s)

Eat every day

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## 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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