

Meal Plan - 2400 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

2358 cals ● 155g protein (26%) ● 82g fat (31%) ● 211g carbs (36%) ● 40g fiber (7%)

Breakfast

450 cals, 18g protein, 37g net carbs, 21g fat



Roasted cashews

1/6 cup(s)- 156 cals



Hummus toast

2 slice(s)- 293 cals

Snacks

170 cals, 3g protein, 22g net carbs, 7g fat



Crackers

10 cracker(s)- 169 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Lunch

665 cals, 24g protein, 88g net carbs, 19g fat



Tomato cucumber salad

212 cals



Barbeque tempeh sandwiches

1 sandwich(es)- 454 cals

Dinner

745 cals, 38g protein, 61g net carbs, 32g fat



Patty melt

1 sandwich(es)- 500 cals



Chunky canned soup (non-creamy)

1 can(s)- 247 cals

Day 2

2379 cals ● 169g protein (28%) ● 110g fat (42%) ● 133g carbs (22%) ● 45g fiber (8%)

Breakfast

450 cals, 18g protein, 37g net carbs, 21g fat



Roasted cashews
1/6 cup(s)- 156 cals



Hummus toast
2 slice(s)- 293 cals

Snacks

170 cals, 3g protein, 22g net carbs, 7g fat



Crackers
10 cracker(s)- 169 cals

Lunch

725 cals, 19g protein, 43g net carbs, 42g fat



Simple vegan garlic bread
2 slice(s)- 252 cals



Zoodles with avocado sauce
471 cals

Dinner

710 cals, 58g protein, 27g net carbs, 38g fat



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



Soy milk
2 cup(s)- 169 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Day 3

2363 cals ● 177g protein (30%) ● 87g fat (33%) ● 185g carbs (31%) ● 33g fiber (6%)

Breakfast

315 cals, 16g protein, 33g net carbs, 10g fat



Soy milk
1 3/4 cup(s)- 148 cals



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

Snacks

295 cals, 42g protein, 11g net carbs, 7g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Double chocolate almond milk protein shake
251 cals

Lunch

730 cals, 22g protein, 74g net carbs, 35g fat



Tomato cucumber salad
71 cals



Vegan grilled cheese
2 sandwich(es)- 662 cals

Dinner

695 cals, 25g protein, 64g net carbs, 34g fat



Roasted cashews
1/3 cup(s)- 261 cals



Apple
1 apple(s)- 105 cals



Chik'n nuggets
6 nuggets- 331 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Day 4

2411 cals ● 199g protein (33%) ● 87g fat (32%) ● 163g carbs (27%) ● 45g fiber (7%)

Breakfast

315 cals, 16g protein, 33g net carbs, 10g fat



Soy milk

1 3/4 cup(s)- 148 cals



Instant oatmeal with water

1 packet(s)- 165 cals

Snacks

295 cals, 42g protein, 11g net carbs, 7g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Double chocolate almond milk protein shake

251 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Lunch

780 cals, 43g protein, 53g net carbs, 35g fat



Tomato cucumber salad

282 cals



Carrot & grounds stir fry

498 cals

Dinner

695 cals, 25g protein, 64g net carbs, 34g fat



Roasted cashews

1/3 cup(s)- 261 cals



Apple

1 apple(s)- 105 cals



Chik'n nuggets

6 nuggets- 331 cals

Day 5

2388 cals ● 202g protein (34%) ● 88g fat (33%) ● 148g carbs (25%) ● 48g fiber (8%)

Breakfast

395 cals, 15g protein, 27g net carbs, 23g fat



Almond yogurt

1 container(s)- 191 cals



High-protein granola bar

1 bar(s)- 204 cals

Snacks

295 cals, 42g protein, 11g net carbs, 7g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Double chocolate almond milk protein shake

251 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Lunch

675 cals, 43g protein, 57g net carbs, 27g fat



Naan bread

1 piece(s)- 262 cals



Simple mixed greens and tomato salad

76 cals



Baked tofu

12 oz- 339 cals

Dinner

695 cals, 30g protein, 51g net carbs, 29g fat



Veggie burger

1 burger- 275 cals



Garlic collard greens

279 cals



Spinach cauliflower mince

2 cup(s)- 142 cals

Day 6

2369 cals ● 174g protein (29%) ● 95g fat (36%) ● 153g carbs (26%) ● 51g fiber (9%)

Breakfast

395 cals, 15g protein, 27g net carbs, 23g fat



Almond yogurt

1 container(s)- 191 cals



High-protein granola bar

1 bar(s)- 204 cals

Snacks

275 cals, 14g protein, 15g net carbs, 14g fat



Soy milk

1 1/4 cup(s)- 106 cals



Avocado toast

1 slice(s)- 168 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Lunch

675 cals, 43g protein, 57g net carbs, 27g fat



Naan bread

1 piece(s)- 262 cals



Simple mixed greens and tomato salad

76 cals



Baked tofu

12 oz- 339 cals

Dinner

695 cals, 30g protein, 51g net carbs, 29g fat



Veggie burger

1 burger- 275 cals



Garlic collard greens

279 cals



Spinach cauliflower mince

2 cup(s)- 142 cals

Day 7

2402 cals ● 153g protein (25%) ● 100g fat (37%) ● 174g carbs (29%) ● 49g fiber (8%)

Breakfast

395 cals, 15g protein, 27g net carbs, 23g fat



Almond yogurt

1 container(s)- 191 cals



High-protein granola bar

1 bar(s)- 204 cals

Snacks

275 cals, 14g protein, 15g net carbs, 14g fat



Soy milk

1 1/4 cup(s)- 106 cals



Avocado toast

1 slice(s)- 168 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Lunch

750 cals, 26g protein, 79g net carbs, 25g fat



Simple salad with tomatoes and carrots

245 cals



Hummus vegan cheesesteak sub

1 sub(s)- 503 cals

Dinner

655 cals, 26g protein, 50g net carbs, 36g fat



Walnut crusted tofu (vegan)

426 cals



Corn

231 cals

Beverages

- ☐ protein powder
21 scoop (1/3 cup ea) (651g)
- ☐ water
1 3/4 gallon (6566mL)
- ☐ almond milk, unsweetened
2 1/4 cup (540mL)

Nut and Seed Products

- ☐ roasted cashews
1 cup (137g)
- ☐ sesame seeds
1 1/2 tbsp (14g)
- ☐ walnuts
4 tbsp, chopped (29g)

Baked Products

- ☐ bread
16 oz (448g)
- ☐ crackers
20 crackers (70g)
- ☐ kaiser rolls
1 roll (3-1/2" dia) (57g)
- ☐ hamburger buns
2 bun(s) (102g)
- ☐ naan bread
2 piece(s) (180g)

Legumes and Legume Products

- ☐ hummus
1/2 lbs (212g)
- ☐ tempeh
2 oz (57g)
- ☐ vegetarian burger crumbles
6 oz (170g)
- ☐ soy sauce
1/2 lbs (202mL)
- ☐ extra firm tofu
1 1/2 lbs (680g)
- ☐ firm tofu
6 oz (170g)

Fats and Oils

- ☐ salad dressing
6 2/3 oz (193mL)
- ☐ oil
1/4 lbs (102mL)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
4 tbsp (72g)
- ☐ chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)

Other

- ☐ veggie burger patty
3 patty (213g)
- ☐ frozen cauliflower
1 cup (128g)
- ☐ vegan sausage
1 1/2 sausage (150g)
- ☐ soy milk, unsweetened
8 cup(s) (mL)
- ☐ protein powder, chocolate
4 1/2 scoop (1/3 cup ea) (140g)
- ☐ vegan cheese, sliced
5 slice(s) (101g)
- ☐ vegan chik'n nuggets
12 nuggets (258g)
- ☐ almond yogurt, flavored
3 container (450g)
- ☐ mixed greens
1 package (5.5 oz) (147g)
- ☐ frozen riced cauliflower
4 cup, frozen (424g)
- ☐ sub roll(s)
1 roll(s) (85g)

Spices and Herbs

- ☐ dijon mustard
1 1/4 tbsp (19g)
- ☐ fresh basil
1 cup leaves, whole (24g)
- ☐ crushed red pepper
1/4 tbsp (1g)
- ☐ salt
1/2 tsp (3g)

Fruits and Fruit Juices

- ☐ lemon juice
1 1/2 fl oz (49mL)
- ☐ avocados
1 1/2 avocado(s) (302g)
- ☐ apples
2 medium (3" dia) (364g)

- ☐ **vegan mayonnaise**
2 oz (53g)
- ☐ **olive oil**
2 tsp (10mL)

Vegetables and Vegetable Products

- ☐ **red onion**
2 small (140g)
- ☐ **cucumber**
2 cucumber (8-1 1/4") (602g)
- ☐ **tomatoes**
12 1 1/4 medium whole (2-3 5/8" dia) (1502g)
- ☐ **red bell pepper**
1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (30g)
- ☐ **onion**
2 1 1/2 medium (2-1 1/2" dia) (265g)
- ☐ **green pepper**
1/4 medium (30g)
- ☐ **garlic**
14 3/4 clove(s) (44g)
- ☐ **zucchini**
1 large (323g)
- ☐ **ketchup**
5 tbsp (85g)
- ☐ **carrots**
3 medium (182g)
- ☐ **fresh cilantro**
1 1/2 tbsp, chopped (5g)
- ☐ **collard greens**
1 3/4 lbs (794g)
- ☐ **fresh spinach**
2 cup(s) (60g)
- ☐ **fresh ginger**
1 1/2 slices (1" dia) (3g)
- ☐ **frozen corn kernels**
1 2/3 cup (227g)
- ☐ **romaine lettuce**
1 1/4 hearts (625g)
- ☐ **bell pepper**
1 medium (119g)

- ☐ **lime juice**
1/2 tbsp (8mL)

Sweets

- ☐ **cocoa powder**
1 1/2 tbsp (8g)

Breakfast Cereals

- ☐ **flavored instant oatmeal**
2 packet (86g)

Snacks

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

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Roasted cashews

1/6 cup(s) - 156 cal ● 4g protein ● 12g fat ● 8g carbs ● 1g fiber



For single meal:

roasted cashews
3 tbsp (26g)

For all 2 meals:

roasted cashews
6 tbsp (51g)

1. The recipe has no instructions.

Hummus toast

2 slice(s) - 293 cal ● 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.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Soy milk

1 3/4 cup(s) - 148 cal ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

soy milk, unsweetened
1 3/4 cup(s) (mL)

For all 2 meals:

soy milk, unsweetened
3 1/2 cup(s) (mL)

1. The recipe has no instructions.
-

Instant oatmeal with water

1 packet(s) - 165 cal ● 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 2 meals:

flavored instant oatmeal
2 packet (86g)
water
1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
 2. Microwave for 90 seconds - 2 minutes.
-

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Almond yogurt

1 container(s) - 191 cals ● 5g protein ● 11g fat ● 15g carbs ● 3g fiber



For single meal:

almond yogurt, flavored
1 container (150g)

For all 3 meals:

almond yogurt, flavored
3 container (450g)

1. The recipe has no instructions.

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.

Lunch 1 [↗](#)

Eat on day 1

Tomato cucumber salad

212 cals ● 5g protein ● 10g fat ● 22g carbs ● 4g fiber



salad dressing
3 tbsp (45mL)
red onion, thinly sliced
3/4 small (53g)
cucumber, thinly sliced
3/4 cucumber (8-1/4") (226g)
tomatoes, thinly sliced
1 1/2 medium whole (2-3/5" dia) (185g)

1. Mix ingredients together in a bowl and serve.

Barbeque tempeh sandwiches

1 sandwich(es) - 454 cals ● 19g protein ● 10g fat ● 65g carbs ● 8g fiber



Makes 1 sandwich(es)

barbecue sauce

4 tbsp (72g)

oil

1/4 tbsp (4mL)

kaiser rolls

1 roll (3-1/2" dia) (57g)

tempeh, crumbled

2 oz (57g)

red bell pepper, seeded and chopped

1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (30g)

onion, chopped

1/4 medium (2-1/2" dia) (28g)

green pepper, seeded and chopped

1/4 medium (30g)

1. Pour the barbeque sauce into a medium bowl. Crumble the tempeh into the sauce, and let it marinate a little, about 10 minutes.
2. Heat oil in a skillet over medium heat. Add the red and green peppers, and the onion. Cook, stirring frequently until tender. Stir in the tempeh and barbeque sauce, and heat through.
3. Spoon the tempeh mixture onto kaiser rolls, and serve.

Lunch 2 [↗](#)

Eat on day 2

Simple vegan garlic bread

2 slice(s) - 252 cals ● 8g protein ● 11g fat ● 25g carbs ● 4g fiber



Makes 2 slice(s)

bread

2 slice (64g)

olive oil

2 tsp (10mL)

garlic, minced

2 clove(s) (6g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

Zoodles with avocado sauce

471 cals ● 10g protein ● 31g fat ● 18g carbs ● 20g fiber



water
1/3 cup(s) (79mL)
lemon juice
3 tbsp (45mL)
fresh basil
1 cup leaves, whole (24g)
tomatoes, halved
10 cherry tomatoes (170g)
zucchini
1 large (323g)
avocados, peeled and seed removed
1 avocado(s) (201g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

Lunch 3 [🔗](#)

Eat on day 3

Tomato cucumber salad

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



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)

1. Mix ingredients together in a bowl and serve.

Vegan grilled cheese

2 sandwich(es) - 662 cals ● 20g protein ● 31g fat ● 67g carbs ● 8g fiber

Makes 2 sandwich(es)



bread
4 slice (128g)
oil
2 tsp (10mL)
vegan cheese, sliced
4 slice(s) (80g)

1. Preheat skillet to medium-low with half of the oil.
2. Place one slice of bread on the skillet and top with cheese and the other slice of bread.
3. Grill until lightly browned-remove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.

Lunch 4 [↗](#)

Eat on day 4

Tomato cucumber salad

282 cals ● 6g protein ● 13g fat ● 30g carbs ● 6g fiber



salad dressing

4 tbsp (60mL)

red onion, thinly sliced

1 small (70g)

cucumber, thinly sliced

1 cucumber (8-1/4") (301g)

tomatoes, thinly sliced

2 medium whole (2-3/5" dia) (246g)

1. Mix ingredients together in a bowl and serve.

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,

Lunch 5 [↗](#)

Eat on day 5 and day 6

Naan bread

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



For single meal:

naan bread
1 piece(s) (90g)

For all 2 meals:

naan bread
2 piece(s) (180g)

1. The recipe has no instructions.

Simple mixed greens and tomato salad

76 cal ● 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.

Baked tofu

12 oz - 339 cal ● 33g protein ● 18g fat ● 8g carbs ● 4g fiber



For single meal:

soy sauce
6 tbsp (90mL)
sesame seeds
3/4 tbsp (7g)
extra firm tofu
3/4 lbs (340g)
fresh ginger, peeled and grated
3/4 slices (1" dia) (2g)

For all 2 meals:

soy sauce
3/4 cup (180mL)
sesame seeds
1 1/2 tbsp (14g)
extra firm tofu
1 1/2 lbs (680g)
fresh ginger, peeled and grated
1 1/2 slices (1" dia) (3g)

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

Lunch 6 [🔗](#)

Eat on day 7

Simple salad with tomatoes and carrots

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



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)

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

Hummus vegan cheesesteak sub

1 sub(s) - 503 cals ● 16g protein ● 17g fat ● 62g carbs ● 9g fiber



Makes 1 sub(s)

sub roll(s)

1 roll(s) (85g)

oil

1 tsp (5mL)

vegan cheese, sliced

1 slice(s) (20g)

crushed red pepper

4 dash (1g)

hummus

4 tbsp (62g)

garlic, minced

1 clove (3g)

bell pepper, deseeded and sliced into thin strips

1 medium (119g)

onion, sliced into thin strips

1/2 large (75g)

1. Heat oil in a large skillet over medium-high heat. Add onion, bell pepper, garlic, and crushed red pepper. Saute about 5-7 minutes until softened.
2. Spread hummus over inside of roll and fill with pepper mixture. Top with cheese.
3. Optional: broil sandwich for a minute or two until cheese melts and bread is toasty.
4. Serve.

Snacks 1 [🔗](#)

Eat on day 1 and day 2

Crackers

10 cracker(s) - 169 cals ● 3g protein ● 7g fat ● 22g carbs ● 1g fiber



For single meal:

crackers

10 crackers (35g)

For all 2 meals:

crackers

20 crackers (70g)

1. Enjoy.
-

Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes

12 cherry tomatoes (204g)

For all 3 meals:

tomatoes

36 cherry tomatoes (612g)

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

Double chocolate almond milk protein shake

251 cals ● 40g protein ● 7g fat ● 5g carbs ● 3g fiber



For single meal:

water

1 1/2 cup(s) (356mL)

almond milk, unsweetened

3/4 cup (180mL)

cocoa powder

1/2 tbsp (3g)

protein powder, chocolate

1 1/2 scoop (1/3 cup ea) (47g)

For all 3 meals:

water

4 1/2 cup(s) (1067mL)

almond milk, unsweetened

2 1/4 cup (540mL)

cocoa powder

1 1/2 tbsp (8g)

protein powder, chocolate

4 1/2 scoop (1/3 cup ea) (140g)

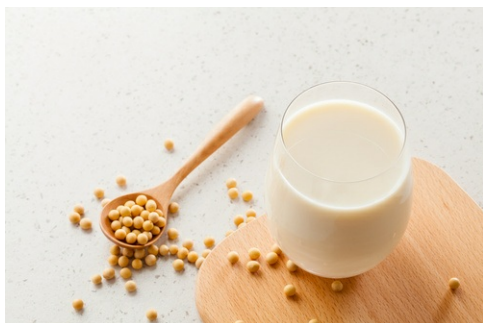
1. Put all ingredients in a blender.
 2. Mix until well-blended. Add more water depending on your preferred consistency.
 3. Serve immediately.
-

Snacks 3 [🔗](#)

Eat on 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 2 meals:

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

1. The recipe has no instructions.
-

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 2 meals:

bread
2 slice (64g)
avocados, ripe, sliced
1/2 avocado(s) (101g)

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

Dinner 1 [↗](#)

Eat on day 1

Patty melt

1 sandwich(es) - 500 cals ● 20g protein ● 26g fat ● 38g carbs ● 9g fiber



Makes 1 sandwich(es)

bread

2 slice(s) (64g)

veggie burger patty

1 patty (71g)

dijon mustard

1/2 tbsp (8g)

vegan mayonnaise

2 tbsp (30g)

oil

3/4 tbsp (11mL)

onion, thinly sliced

1/2 small (35g)

1. Heat about 2/3rds of the oil in a large skillet over medium-high heat. Add the onions to one half of the skillet and season with some salt and pepper. Add the veggie patty to the other side. Cook onions until they start to brown, 10-12 minutes. Cook patty 5-6 minutes per side (or time according to package instructions). Turn off heat and set aside.
2. Stir mayo and mustard together in a small bowl. Spread sauce evenly on all sides of the bread.
3. Place patty on bottom slice and top with onions and remaining bread slice.
4. Wipe out the skillet and heat the remaining oil over medium heat. Add the patty melts and cook until golden brown, about 5-7 minutes per side.
5. Cut in half and serve.

Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



Makes 1 can(s)

chunky canned soup (non-creamy varieties)

1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

Dinner 2 [🔗](#)

Eat on day 2

Vegan bangers and cauliflower mash

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



Makes 1 1/2 sausage link(s)

frozen cauliflower

1 cup (128g)

oil

3/4 tbsp (11mL)

vegan sausage

1 1/2 sausage (150g)

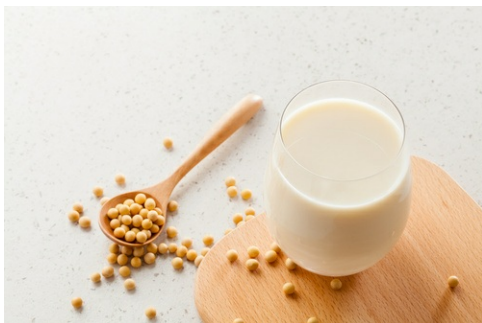
onion, thinly sliced

3/4 small (53g)

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.

Soy milk

2 cup(s) - 169 cals ● 14g protein ● 9g fat ● 4g carbs ● 4g fiber



Makes 2 cup(s)

soy milk, unsweetened

2 cup(s) (mL)

1. The recipe has no instructions.

Dinner 3 [🔗](#)

Eat on day 3 and day 4

Roasted cashews

1/3 cup(s) - 261 cals ● 7g protein ● 20g fat ● 13g carbs ● 1g fiber



For single meal:

roasted cashews
5 tbsp (43g)

For all 2 meals:

roasted cashews
10 tbsp (86g)

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.

Chik'n nuggets

6 nuggets - 331 cals ● 18g protein ● 14g fat ● 31g carbs ● 3g fiber



For single meal:

ketchup
1 1/2 tbsp (26g)
vegan chik'n nuggets
6 nuggets (129g)

For all 2 meals:

ketchup
3 tbsp (51g)
vegan chik'n nuggets
12 nuggets (258g)

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

Dinner 4 [↗](#)

Eat on day 5 and day 6

Veggie burger

1 burger - 275 cal ● 11g protein ● 5g fat ● 41g carbs ● 6g fiber



For single meal:

hamburger buns

1 bun(s) (51g)

ketchup

1 tbsp (17g)

mixed greens

1 oz (28g)

veggie burger patty

1 patty (71g)

For all 2 meals:

hamburger buns

2 bun(s) (102g)

ketchup

2 tbsp (34g)

mixed greens

2 oz (57g)

veggie burger patty

2 patty (142g)

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.

Garlic collard greens

279 cal ● 12g protein ● 15g fat ● 8g carbs ● 16g fiber



For single meal:

collard greens

14 oz (397g)

oil

2 1/2 tsp (13mL)

salt

1/4 tsp (1g)

garlic, minced

2 1/2 clove(s) (8g)

For all 2 meals:

collard greens

1 3/4 lbs (794g)

oil

1 3/4 tbsp (26mL)

salt

1/2 tsp (3g)

garlic, minced

5 1/4 clove(s) (16g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Spinach cauliflower mince

2 cup(s) - 142 cal ● 6g protein ● 9g fat ● 2g carbs ● 6g fiber



For single meal:

frozen riced cauliflower
2 cup, frozen (212g)

oil
2 tsp (10mL)

garlic, diced
2 clove(s) (6g)

fresh spinach, chopped
1 cup(s) (30g)

For all 2 meals:

frozen riced cauliflower
4 cup, frozen (424g)

oil
4 tsp (20mL)

garlic, diced
4 clove(s) (12g)

fresh spinach, chopped
2 cup(s) (60g)

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.

Dinner 5 [↗](#)

Eat on day 7

Walnut crusted tofu (vegan)
426 cals ● 20g protein ● 34g fat ● 8g carbs ● 3g fiber



lemon juice
1/4 tbsp (4mL)
dijon mustard
3/4 tbsp (11g)
vegan mayonnaise
1 1/2 tbsp (23g)
walnuts
4 tbsp, chopped (29g)
firm tofu, drained
6 oz (170g)
garlic, diced
1 1/2 clove(s) (5g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the vegan mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Corn

231 cals ● 7g protein ● 2g fat ● 42g carbs ● 5g fiber



frozen corn kernels
1 2/3 cup (227g)

1. Prepare according to instructions on package.
-

Protein Supplement(s)

Eat every day

Protein shake

3 scoop - 327 cals  73g protein  2g fat  3g carbs  3g fiber



For single meal:

protein powder
3 scoop (1/3 cup ea) (93g)
water
3 cup(s) (711mL)

For all 7 meals:

protein powder
21 scoop (1/3 cup ea) (651g)
water
21 cup(s) (4977mL)

1. The recipe has no instructions.
-