

# Meal Plan - 2500 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

2479 cals ● 179g protein (29%) ● 105g fat (38%) ● 159g carbs (26%) ● 46g fiber (7%)

### Breakfast

435 cals, 18g protein, 42g net carbs, 20g fat



**Roasted almonds**

1/6 cup(s)- 166 cals



**Soy milk yogurt**

2 container- 271 cals

### Lunch

515 cals, 17g protein, 75g net carbs, 12g fat



**Veggie burger**

1 burger- 275 cals



**Cooked peppers**

3/4 bell pepper(s)- 90 cals



**Couscous**

151 cals

### Snacks

330 cals, 18g protein, 9g net carbs, 22g fat



**Pistachios**

188 cals



**Soy milk**

1 2/3 cup(s)- 141 cals

### Dinner

870 cals, 53g protein, 31g net carbs, 49g fat



**Basic tempeh**

8 oz- 590 cals



**Roasted tomatoes**

4 tomato(es)- 238 cals



**Cherry tomatoes**

12 cherry tomatoes- 42 cals

### Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cals

## Day 2

2374 cals ● 178g protein (30%) ● 72g fat (27%) ● 211g carbs (36%) ● 42g fiber (7%)

### Breakfast

435 cals, 18g protein, 42g net carbs, 20g fat



#### Roasted almonds

1/6 cup(s)- 166 cals



#### Soy milk yogurt

2 container- 271 cals

### Lunch

690 cals, 41g protein, 83g net carbs, 15g fat



#### Chunky canned soup (non-creamy)

2 can(s)- 494 cals



#### Cherry tomatoes

9 cherry tomatoes- 32 cals



#### Pretzels

165 cals

### Snacks

330 cals, 18g protein, 9g net carbs, 22g fat



#### Pistachios

188 cals



#### Soy milk

1 2/3 cup(s)- 141 cals

### Dinner

590 cals, 28g protein, 74g net carbs, 14g fat



#### Bean & tofu goulash

437 cals



#### Brown rice

2/3 cup brown rice, cooked- 153 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

## Day 3

2556 cals ● 196g protein (31%) ● 64g fat (23%) ● 269g carbs (42%) ● 30g fiber (5%)

### Breakfast

435 cals, 18g protein, 42g net carbs, 20g fat



#### Roasted almonds

1/6 cup(s)- 166 cals



#### Soy milk yogurt

2 container- 271 cals

### Lunch

765 cals, 63g protein, 63g net carbs, 26g fat



#### Vegan sausage

2 sausage(s)- 536 cals



#### Corn

231 cals

### Snacks

275 cals, 5g protein, 59g net carbs, 1g fat



#### Raisins

1/4 cup- 137 cals



#### Rice cake

4 cake(s)- 139 cals

### Dinner

750 cals, 38g protein, 102g net carbs, 15g fat



#### Spaghetti and meatless meatballs

664 cals



#### Soy milk

1 cup(s)- 85 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

## Day 4

2488 cals ● 182g protein (29%) ● 84g fat (30%) ● 212g carbs (34%) ● 38g fiber (6%)

### Breakfast

340 cals, 8g protein, 4g net carbs, 28g fat



**Avocado**  
176 cals



**Roasted almonds**  
1/6 cup(s)- 166 cals

### Snacks

275 cals, 5g protein, 59g net carbs, 1g fat



**Raisins**  
1/4 cup- 137 cals



**Rice cake**  
4 cake(s)- 139 cals

### Lunch

765 cals, 63g protein, 63g net carbs, 26g fat



**Vegan sausage**  
2 sausage(s)- 536 cals



**Corn**  
231 cals

### Dinner

775 cals, 35g protein, 82g net carbs, 28g fat



**Soy milk**  
2 3/4 cup(s)- 233 cals



**Belizean rice & beans**  
543 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

## Day 5

2492 cals ● 158g protein (25%) ● 78g fat (28%) ● 243g carbs (39%) ● 45g fiber (7%)

### Breakfast

340 cals, 8g protein, 4g net carbs, 28g fat



**Avocado**  
176 cals



**Roasted almonds**  
1/6 cup(s)- 166 cals

### Snacks

275 cals, 5g protein, 59g net carbs, 1g fat



**Raisins**  
1/4 cup- 137 cals



**Rice cake**  
4 cake(s)- 139 cals

### Lunch

770 cals, 38g protein, 95g net carbs, 20g fat



**Rice pilaf with meatless meatballs**  
558 cals



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

### Dinner

775 cals, 35g protein, 82g net carbs, 28g fat



**Soy milk**  
2 3/4 cup(s)- 233 cals



**Belizean rice & beans**  
543 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

## Day 6

2460 cals ● 170g protein (28%) ● 105g fat (39%) ● 177g carbs (29%) ● 32g fiber (5%)

### Breakfast

315 cals, 17g protein, 36g net carbs, 9g fat



#### Small granola bar

1 bar(s)- 119 cals



#### Strawberry banana protein smoothie

1/2 smoothie(s)- 194 cals

### Snacks

300 cals, 11g protein, 21g net carbs, 15g fat



#### Strawberries

2 1/4 cup(s)- 117 cals



#### Pumpkin seeds

183 cals

### Lunch

755 cals, 32g protein, 58g net carbs, 42g fat



#### Buffalo tofu with vegan ranch

506 cals



#### Couscous

251 cals

### Dinner

765 cals, 37g protein, 59g net carbs, 38g fat



#### Roasted almonds

1/3 cup(s)- 277 cals



#### Apple

1 apple(s)- 105 cals



#### Crispy chik'n tenders

6 2/3 tender(s)- 381 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

## Day 7

2460 cals ● 170g protein (28%) ● 105g fat (39%) ● 177g carbs (29%) ● 32g fiber (5%)

### Breakfast

315 cals, 17g protein, 36g net carbs, 9g fat



#### Small granola bar

1 bar(s)- 119 cals



#### Strawberry banana protein smoothie

1/2 smoothie(s)- 194 cals

### Lunch

755 cals, 32g protein, 58g net carbs, 42g fat



#### Buffalo tofu with vegan ranch

506 cals



#### Couscous

251 cals

### Dinner

765 cals, 37g protein, 59g net carbs, 38g fat



#### Roasted almonds

1/3 cup(s)- 277 cals



#### Apple

1 apple(s)- 105 cals



#### Crispy chik'n tenders

6 2/3 tender(s)- 381 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

# Grocery List



## Beverages

- protein powder  
22 scoop (1/3 cup ea) (682g)
- water  
22 cup (5299mL)

## Nut and Seed Products

- almonds  
1/2 lbs (235g)
- pistachios, shelled  
1/2 cup (62g)
- coconut milk, canned  
1/2 cup (134mL)
- roasted pumpkin seeds, unsalted  
1/2 cup (59g)

## Other

- soy milk yogurt  
6 container(s) (902g)
- mixed greens  
1 package (5.5 oz) (158g)
- veggie burger patty  
1 patty (71g)
- soy milk, unsweetened  
10 cup(s) (mL)
- vegan meatballs, frozen  
7 1/2 meatball(s) (225g)
- vegan sausage  
4 sausage (400g)
- snow peas  
1/6 cup (16g)
- ice cubes  
1 cup(s) (140g)
- meatless chik'n tenders  
13 1/3 pieces (340g)
- vegan ranch  
6 tbsp (90mL)

## Legumes and Legume Products

- tempeh  
1/2 lbs (227g)
- white beans, canned  
1/2 can(s) (220g)
- firm tofu  
1 1/2 lbs (695g)
- kidney beans  
3/4 can (336g)

## Baked Products

- hamburger buns  
1 bun(s) (51g)

## Cereal Grains and Pasta

- instant couscous, flavored  
1 box (5.8 oz) (178g)
- brown rice  
1/4 cup (42g)
- uncooked dry pasta  
4 oz (114g)
- long-grain white rice  
3/4 cup (139g)

## Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)  
2 can (~19 oz) (1052g)
- pasta sauce  
1/4 jar (24 oz) (168g)
- Frank's Red Hot sauce  
1/2 cup (120mL)

## Snacks

- pretzels, hard, salted  
1 1/2 oz (43g)
- rice cakes, any flavor  
12 cake (108g)
- small granola bar  
2 bar (50g)

## Spices and Herbs

- paprika  
1/2 tbsp (3g)
- fresh thyme  
2 dash (0g)
- salt  
1 1/2 dash (1g)
- black pepper  
1 1/2 dash, ground (0g)

## Fruits and Fruit Juices

- raisins  
3/4 cup, packed (124g)
- avocados  
1 avocado(s) (201g)

## Fats and Oils

- oil**  
2 1/2 oz (76mL)
- salad dressing**  
2 1/2 tbsp (38mL)

## Vegetables and Vegetable Products

- tomatoes**  
7 1/3 medium whole (2-3/5" dia) (900g)
- ketchup**  
1/4 cup (74g)
- bell pepper**  
3/4 large (123g)
- onion**  
7/8 medium (2-1/2" dia) (96g)
- garlic**  
2 3/4 clove(s) (8g)
- frozen corn kernels**  
3 1/3 cup (453g)
- red bell pepper**  
3/8 medium (approx 2-3/4" long, 2-1/2 dia.) (45g)
- raw celery**  
1 2/3 stalk, medium (7-1/2" - 8" long) (67g)
- cucumber**  
5/6 cucumber (8-1/4") (251g)

- lemon juice**  
1 tsp (5mL)
- frozen strawberries**  
1 1/2 cup, unthawed (224g)
- banana**  
1 medium (7" to 7-7/8" long) (118g)
- apples**  
2 medium (3" dia) (364g)
- strawberries**  
4 1/2 cup, whole (648g)

## Meals, Entrees, and Side Dishes

- flavored rice mix**  
3/8 box (8 oz) (85g)

## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

**almonds**  
3 tbsp, whole (27g)

For all 3 meals:

**almonds**  
1/2 cup, whole (80g)

1. The recipe has no instructions.

### 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.

## Breakfast 2 ↗

Eat on day 4 and day 5

### Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

For all 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

### Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

**almonds**  
3 tbsp, whole (27g)

For all 2 meals:

**almonds**  
6 tbsp, whole (54g)

1. The recipe has no instructions.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Small granola bar

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



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

### Strawberry banana protein smoothie

1/2 smoothie(s) - 194 cals ● 15g protein ● 4g fat ● 21g carbs ● 5g fiber



For single meal:

**ice cubes**  
1/2 cup(s) (70g)  
**frozen strawberries**  
3/4 cup, unthawed (112g)  
**almonds**  
5 almond (6g)  
**water**  
1 tbsp (15mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)  
**banana, frozen, peeled and sliced**  
1/2 medium (7" to 7-7/8" long)  
(59g)

For all 2 meals:

**ice cubes**  
1 cup(s) (140g)  
**frozen strawberries**  
1 1/2 cup, unthawed (224g)  
**almonds**  
10 almond (12g)  
**water**  
2 tbsp (30mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)  
**banana, frozen, peeled and sliced**  
1 medium (7" to 7-7/8" long) (118g)

1. Place the banana, strawberries, almonds, and water into a blender. Blend to mix, then add the ice cubes and puree until smooth. Add the protein powder, and continue mixing until evenly incorporated, about 30 seconds.

## Lunch 1 ↗

Eat on day 1

### Veggie burger

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



Makes 1 burger

**hamburger buns**  
1 bun(s) (51g)  
**ketchup**  
1 tbsp (17g)  
**mixed greens**  
1 oz (28g)  
**veggie burger patty**  
1 patty (71g)

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.

### Cooked peppers

3/4 bell pepper(s) - 90 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



Makes 3/4 bell pepper(s)

**oil**  
1/2 tbsp (8mL)  
**bell pepper, seeded & cut into strips**  
3/4 large (123g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

### Couscous

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



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

1. Follow instructions on package.

## Lunch 2 ↗

Eat on day 2

### Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



Makes 2 can(s)

**chunky canned soup (non-creamy varieties)**

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

### Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



Makes 9 cherry tomatoes

**tomatoes**

9 cherry tomatoes (153g)

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

### Pretzels

165 cals ● 4g protein ● 1g fat ● 33g carbs ● 2g fiber



**pretzels, hard, salted**

1 1/2 oz (43g)

1. The recipe has no instructions.

## Lunch 3 ↗

Eat on day 3 and day 4

### Vegan sausage

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



For single meal:

**vegan sausage**  
2 sausage (200g)

For all 2 meals:

**vegan sausage**  
4 sausage (400g)

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

### Corn

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



For single meal:

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

For all 2 meals:

**frozen corn kernels**  
3 1/3 cup (453g)

1. Prepare according to instructions on package.

## Lunch 4 ↗

Eat on day 5

### Rice pilaf with meatless meatballs

558 cals ● 31g protein ● 12g fat ● 74g carbs ● 8g fiber



**flavored rice mix**  
3/8 box (8 oz) (85g)  
**vegan meatballs, frozen**  
4 1/2 meatball(s) (135g)  
**tomatoes**  
4 1/2 cherry tomatoes (77g)  
**snow peas, ends trimmed**  
1/6 cup (16g)

1. Prepare rice mix according to stovetop directions, but halfway through cooking, stir in the tomatoes and snow peas, and let cook for the remainder of the time. Set aside.
2. Meanwhile prepare vegan meatballs according to package instructions.
3. Plate rice mix and top with vegan meatballs. Serve.

### Simple salad with celery, cucumber & tomato

213 cals ● 7g protein ● 8g fat ● 21g carbs ● 7g fiber



**salad dressing**  
2 1/2 tbsp (37mL)  
**raw celery, chopped**  
1 2/3 stalk, medium (7-1/2" - 8" long) (67g)  
**mixed greens**  
5/6 package (5.5 oz) (129g)  
**cucumber, sliced**  
5/6 cucumber (8-1/4") (251g)  
**tomatoes, diced**  
5/6 medium whole (2-3/5" dia) (102g)

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

## Lunch 5 ↗

Eat on day 6 and day 7

### Buffalo tofu with vegan ranch

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



For single meal:

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

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**Frank's Red Hot sauce**  
1/2 cup (119mL)  
**vegan ranch**  
6 tbsp (90mL)  
**firm tofu, patted dry & cubed**  
1 1/3 lbs (595g)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

### Couscous

251 cals ● 9g protein ● 1g fat ● 50g carbs ● 3g fiber



For single meal:

**instant couscous, flavored**  
3/8 box (5.8 oz) (69g)

For all 2 meals:

**instant couscous, flavored**  
5/6 box (5.8 oz) (137g)

1. Follow instructions on package.

## Snacks 1 ↗

Eat on day 1 and day 2

### Pistachios

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



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

### Soy milk

1 2/3 cup(s) - 141 cals ● 12g protein ● 8g fat ● 3g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

## Snacks 2 ↗

Eat on day 3, day 4, and day 5

### Raisins

1/4 cup - 137 cals ● 1g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

**raisins**  
4 tbsp, packed (41g)

For all 3 meals:

**raisins**  
3/4 cup, packed (124g)

1. The recipe has no instructions.

### Rice cake

4 cake(s) - 139 cals ● 3g protein ● 1g fat ● 28g carbs ● 1g fiber



For single meal:

**rice cakes, any flavor**  
4 cake (36g)

For all 3 meals:

**rice cakes, any flavor**  
12 cake (108g)

1. Enjoy.

## Snacks 3 ↗

Eat on day 6 and day 7

### Strawberries

2 1/4 cup(s) - 117 cals ● 2g protein ● 1g fat ● 18g carbs ● 7g fiber



For single meal:

**strawberries**

2 1/4 cup, whole (324g)

For all 2 meals:

**strawberries**

4 1/2 cup, whole (648g)

1. The recipe has no instructions.

### 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.

## Dinner 1 ↗

Eat on day 1

### Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



Makes 8 oz

**tempeh**  
1/2 lbs (227g)  
**oil**  
4 tsp (20mL)

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.

### Roasted tomatoes

4 tomato(es) - 238 cals ● 3g protein ● 19g fat ● 10g carbs ● 4g fiber



Makes 4 tomato(es)

**oil**  
4 tsp (20mL)  
**tomatoes**  
4 small whole (2-2/5" dia) (364g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

### Cherry tomatoes

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



Makes 12 cherry tomatoes

**tomatoes**  
12 cherry tomatoes (204g)

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

## Dinner 2 ↗

Eat on day 2

### Bean & tofu goulash

437 cals ● 25g protein ● 13g fat ● 44g carbs ● 13g fiber



**oil**  
1/2 tbsp (8mL)  
**paprika**  
1/2 tbsp (3g)  
**fresh thyme**  
2 dash (0g)  
**white beans, canned, drained & rinsed**  
1/2 can(s) (220g)  
**onion, diced**  
1/2 medium (2-1/2" dia) (55g)  
**garlic, minced**  
1/2 clove (2g)  
**firm tofu, drained and diced**  
1/4 lbs (99g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

### Brown rice

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



Makes 2/3 cup brown rice, cooked

**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)

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

### Spaghetti and meatless meatballs

664 cals ● 31g protein ● 11g fat ● 100g carbs ● 11g fiber



**pasta sauce**  
1/4 jar (24 oz) (168g)  
**uncooked dry pasta**  
4 oz (114g)  
**vegan meatballs, frozen**  
3 meatball(s) (90g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

## Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



Makes 1 cup(s)  
**soy milk, unsweetened**  
1 cup(s) (mL)

1. The recipe has no instructions.

## Dinner 4

Eat on day 4 and day 5

### Soy milk

2 3/4 cup(s) - 233 cals ● 19g protein ● 12g fat ● 6g carbs ● 6g fiber



For single meal:  
**soy milk, unsweetened**  
2 3/4 cup(s) (mL)

For all 2 meals:  
**soy milk, unsweetened**  
5 1/2 cup(s) (mL)

1. The recipe has no instructions.

### Belizean rice & beans

543 cals ● 16g protein ● 15g fat ● 77g carbs ● 9g fiber



For single meal:

**coconut milk, canned**  
1/4 cup (68mL)  
**kidney beans, drained**  
3/8 can (168g)  
**water**  
1/4 cup(s) (67mL)  
**long-grain white rice**  
6 tbsp (69g)  
**garlic, minced**  
1 clove(s) (3g)  
**onion, chopped**  
1/6 medium (2-1/2" dia) (21g)  
**red bell pepper, chopped**  
1/6 medium (approx 2-3/4" long, 2-1/2 dia.) (22g)

For all 2 meals:

**coconut milk, canned**  
1/2 cup (135mL)  
**kidney beans, drained**  
3/4 can (336g)  
**water**  
1/2 cup(s) (133mL)  
**long-grain white rice**  
3/4 cup (139g)  
**garlic, minced**  
2 1/4 clove(s) (7g)  
**onion, chopped**  
3/8 medium (2-1/2" dia) (41g)  
**red bell pepper, chopped**  
3/8 medium (approx 2-3/4" long, 2-1/2 dia.) (45g)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

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## Dinner 5

Eat on day 6 and day 7

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### Roasted almonds

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



For single meal:

**almonds**  
5 tbsp, whole (45g)

For all 2 meals:

**almonds**  
10 tbsp, whole (89g)

1. The recipe has no instructions.

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### 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.

## Crispy chick'n tenders

6 2/3 tender(s) - 381 cals ● 27g protein ● 15g fat ● 34g carbs ● 0g fiber



For single meal:

**meatless chick'n tenders**

6 2/3 pieces (170g)

**ketchup**

5 tsp (28g)

For all 2 meals:

**meatless chick'n tenders**

13 1/3 pieces (340g)

**ketchup**

1/4 cup (57g)

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

## 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.