

Meal Plan - 2600 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

2558 cals ● 185g protein (29%) ● 90g fat (32%) ● 200g carbs (31%) ● 53g fiber (8%)

Breakfast

380 cals, 8g protein, 47g net carbs, 15g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Small granola bar
3 bar(s)- 357 cals

Snacks

170 cals, 3g protein, 25g net carbs, 4g fat



Baked chips
12 crisps- 122 cals



Raspberries
2/3 cup(s)- 48 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

895 cals, 56g protein, 35g net carbs, 50g fat



Seitan salad
718 cals



Avocado
176 cals

Dinner

790 cals, 45g protein, 91g net carbs, 20g fat



Basic baked potato
1 1/2 potato(es)- 396 cals



Simple seitan
4 oz- 244 cals



Simple sauteed spinach
149 cals

Day 2

2515 cals ● 205g protein (33%) ● 85g fat (31%) ● 186g carbs (30%) ● 46g fiber (7%)

Breakfast

380 cals, 8g protein, 47g net carbs, 15g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Small granola bar

3 bar(s)- 357 cals

Snacks

170 cals, 3g protein, 25g net carbs, 4g fat



Baked chips

12 crisps- 122 cals



Raspberries

2/3 cup(s)- 48 cals

Lunch

825 cals, 65g protein, 58g net carbs, 34g fat



Garlic pepper seitan

685 cals



Corn

139 cals

Dinner

815 cals, 55g protein, 53g net carbs, 31g fat



Basic tempeh

8 oz- 590 cals



Green beans

95 cals



Basic baked potato

1/2 potato(es)- 132 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 3

2637 cals ● 218g protein (33%) ● 102g fat (35%) ● 157g carbs (24%) ● 55g fiber (8%)

Breakfast

365 cals, 15g protein, 36g net carbs, 10g fat



Hummus toast

2 slice(s)- 293 cals



Raspberries

1 cup(s)- 72 cals

Lunch

825 cals, 65g protein, 58g net carbs, 34g fat



Garlic pepper seitan

685 cals



Corn

139 cals

Snacks

305 cals, 10g protein, 7g net carbs, 25g fat



Walnuts

1/8 cup(s)- 87 cals



Celery and peanut butter

218 cals

Dinner

815 cals, 55g protein, 53g net carbs, 31g fat



Basic tempeh

8 oz- 590 cals



Green beans

95 cals



Basic baked potato

1/2 potato(es)- 132 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 4

2562 cals ● 212g protein (33%) ● 116g fat (41%) ● 119g carbs (19%) ● 49g fiber (8%)

Breakfast

365 cals, 15g protein, 36g net carbs, 10g fat



Hummus toast
2 slice(s)- 293 cals



Raspberries
1 cup(s)- 72 cals

Snacks

305 cals, 10g protein, 7g net carbs, 25g fat



Walnuts
1/8 cup(s)- 87 cals



Celery and peanut butter
218 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

775 cals, 61g protein, 36g net carbs, 40g fat



Vegan sausage
2 sausage(s)- 536 cals



Simple mixed greens salad
237 cals

Dinner

790 cals, 54g protein, 37g net carbs, 39g fat



Roasted tofu & veggies
792 cals

Day 5

2642 cals ● 179g protein (27%) ● 103g fat (35%) ● 196g carbs (30%) ● 54g fiber (8%)

Breakfast

425 cals, 8g protein, 50g net carbs, 17g fat



Carrot sticks
2 1/2 carrot(s)- 68 cals



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



Crackers
12 cracker(s)- 203 cals

Snacks

285 cals, 10g protein, 15g net carbs, 18g fat



Roasted peanuts
1/8 cup(s)- 115 cals



Chickpea blondies
1 bar(s)- 172 cals

Lunch

780 cals, 46g protein, 82g net carbs, 21g fat



Seitan & bean wrap
1 burrito(s)- 523 cals



Simple salad with celery, cucumber & tomato
256 cals

Dinner

825 cals, 43g protein, 45g net carbs, 45g fat



Simple vegan garlic bread
1 slice(s)- 126 cals



Simple mixed greens and tomato salad
265 cals



Peanut tempeh
4 oz tempeh- 434 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 6

2602 cals ● 179g protein (27%) ● 114g fat (39%) ● 150g carbs (23%) ● 65g fiber (10%)

Breakfast

425 cals, 8g protein, 50g net carbs, 17g fat



Carrot sticks

2 1/2 carrot(s)- 68 cals



Apple & peanut butter

1/2 apple(s)- 155 cals



Crackers

12 cracker(s)- 203 cals

Snacks

285 cals, 10g protein, 15g net carbs, 18g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Chickpea blondies

1 bar(s)- 172 cals

Lunch

740 cals, 45g protein, 37g net carbs, 32g fat



Tempeh taco salad bowl

739 cals

Dinner

825 cals, 43g protein, 45g net carbs, 45g fat



Simple vegan garlic bread

1 slice(s)- 126 cals



Simple mixed greens and tomato salad

265 cals



Peanut tempeh

4 oz tempeh- 434 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 7

2584 cals ● 167g protein (26%) ● 115g fat (40%) ● 156g carbs (24%) ● 63g fiber (10%)

Breakfast

425 cals, 8g protein, 50g net carbs, 17g fat



Carrot sticks

2 1/2 carrot(s)- 68 cals



Apple & peanut butter

1/2 apple(s)- 155 cals



Crackers

12 cracker(s)- 203 cals

Snacks

285 cals, 10g protein, 15g net carbs, 18g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Chickpea blondies

1 bar(s)- 172 cals

Lunch

740 cals, 45g protein, 37g net carbs, 32g fat



Tempeh taco salad bowl

739 cals

Dinner

805 cals, 31g protein, 52g net carbs, 46g fat



Lentil kale salad

584 cals



Roasted almonds

1/4 cup(s)- 222 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Grocery List



Beverages

- protein powder
21 scoop (1/3 cup ea) (651g)
- water
22 1/2 cup (5414mL)

Vegetables and Vegetable Products

- tomatoes
6 1/2 medium whole (2-3/5" dia) (792g)
- potatoes
2 1/2 large (3" to 4-1/4" dia.) (923g)
- fresh spinach
10 cup(s) (300g)
- garlic
9 1/4 clove(s) (28g)
- onion
1 medium (2-1/2" dia) (121g)
- green pepper
4 tbsp, chopped (37g)
- frozen corn kernels
2 cup (272g)
- frozen green beans
4 cup (484g)
- raw celery
6 stalk, medium (7-1/2" - 8" long) (240g)
- brussels sprouts
6 oz (170g)
- bell pepper
3/4 medium (89g)
- broccoli
3/4 cup chopped (68g)
- carrots
9 3/4 medium (595g)
- cucumber
1 cucumber (8-1/4") (301g)
- kale leaves
2 1/4 cup, chopped (90g)

Snacks

- small granola bar
6 bar (150g)

Fats and Oils

- oil
3 oz (91mL)
- olive oil
3 1/4 oz (104mL)

Fruits and Fruit Juices

- avocados
2 1/3 avocado(s) (469g)
- lemon juice
1 1/3 fl oz (40mL)
- raspberries
3 1/3 cup (410g)
- apples
1 1/2 medium (3" dia) (273g)

Legumes and Legume Products

- tempeh
34 2/3 oz (983g)
- hummus
10 tbsp (150g)
- peanut butter
6 1/4 oz (177g)
- extra firm tofu
1 1/2 block (486g)
- soy sauce
2 tsp (10mL)
- roasted peanuts
6 tbsp (55g)
- chickpeas, canned
3/8 can(s) (168g)
- black beans
4 oz (113g)
- refried beans
1 1/3 cup (323g)
- lentils, raw
6 tbsp (72g)

Baked Products

- bread
6 slice (192g)
- crackers
36 crackers (126g)
- baking powder
3/4 dash (0g)
- flour tortillas
1 tortilla (approx 10" dia) (72g)

Nut and Seed Products

- walnuts
1 1/4 oz (36g)
- almond butter
2 tbsp (31g)

salad dressing
1 1/3 cup (311mL)

almonds
1 1/2 oz (46g)

Spices and Herbs

salt
1/3 oz (9g)

black pepper
1/2 tbsp, ground (3g)

ground cumin
1 3/4 tsp (4g)

taco seasoning mix
2 2/3 tbsp (23g)

crushed red pepper
1/4 tbsp (1g)

Sweets

maple syrup
1 1/2 tbsp (22mL)

Soups, Sauces, and Gravies

salsa
3/8 jar (176g)

Cereal Grains and Pasta

seitan
29 oz (822g)

Other

nutritional yeast
1/4 oz (8g)

baked chips, any flavor
24 crisps (56g)

vegan sausage
2 sausage (200g)

mixed greens
4 1/3 package (5.5 oz) (675g)

Breakfast 1 ↗

Eat on day 1 and day 2

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.

Small granola bar

3 bar(s) - 357 cals ● 8g protein ● 15g fat ● 44g carbs ● 4g fiber



For single meal:

small granola bar

3 bar (75g)

For all 2 meals:

small granola bar

6 bar (150g)

1. The recipe has no instructions.

Breakfast 2 ↗

Eat on day 3 and day 4

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.

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries
1 cup (123g)

For all 2 meals:

raspberries
2 cup (246g)

1. Rinse raspberries and serve.

Breakfast 3 ↗

Eat on day 5, day 6, and day 7

Carrot sticks

2 1/2 carrot(s) - 68 cals ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:

carrots

2 1/2 medium (153g)

For all 3 meals:

carrots

7 1/2 medium (458g)

1. Cut carrots into strips and serve.

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 3 meals:

apples

1 1/2 medium (3" dia) (273g)

peanut butter

3 tbsp (48g)

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

Crackers

12 cracker(s) - 203 cals ● 3g protein ● 9g fat ● 27g carbs ● 2g fiber



For single meal:

crackers

12 crackers (42g)

For all 3 meals:

crackers

36 crackers (126g)

1. Enjoy.

Lunch 1 ↗

Eat on day 1

Seitan salad

718 cals ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



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

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

Avocado

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



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

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

Lunch 2 ↗

Eat on day 2 and day 3

Garlic pepper seitan

685 cals ● 61g protein ● 33g fat ● 33g carbs ● 3g fiber



For single meal:

olive oil
2 tbsp (30mL)
onion
4 tbsp, chopped (40g)
green pepper
2 tbsp, chopped (19g)
black pepper
2 dash, ground (1g)
water
1 tbsp (15mL)
salt
1 dash (1g)
seitan, chicken style
1/2 lbs (227g)
garlic, minced
2 1/2 clove(s) (8g)

For all 2 meals:

olive oil
4 tbsp (60mL)
onion
1/2 cup, chopped (80g)
green pepper
4 tbsp, chopped (37g)
black pepper
4 dash, ground (1g)
water
2 tbsp (30mL)
salt
2 dash (2g)
seitan, chicken style
1 lbs (454g)
garlic, minced
5 clove(s) (15g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Corn

139 cals ● 4g protein ● 1g fat ● 25g carbs ● 3g fiber



For single meal:

frozen corn kernels
1 cup (136g)

For all 2 meals:

frozen corn kernels
2 cup (272g)

1. Prepare according to instructions on package.

Lunch 3 ↗

Eat on day 4

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.

Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



mixed greens
5 1/4 cup (158g)
salad dressing
1/3 cup (79mL)

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

Lunch 4 ↗

Eat on day 5

Seitan & bean wrap

1 burrito(s) - 523 cals ● 37g protein ● 11g fat ● 57g carbs ● 12g fiber



Makes 1 burrito(s)

flour tortillas

1 tortilla (approx 10" dia) (72g)

black beans

4 oz (113g)

salsa

2 tbsp (32g)

ground cumin

1 tsp (2g)

mixed greens

4 tbsp (8g)

nutritional yeast

1 tsp (1g)

oil

1/2 tsp (3mL)

seitan, cut into strips

3 oz (85g)

1. Heat oil in a pan over medium heat. Add the seitan strips and cook until browned and crispy, a few minutes on each side.
2. Remove seitan from the pan and set aside.
3. Add the black beans, salsa, cumin, and nutritional yeast to the skillet and cook for a few minutes until warmed through.
4. On the tortilla, place the mixed greens in the center and top with seitan, and then bean mixture.
5. Wrap up tortilla and serve.
6. **Leftover Notes:** Once ingredients have cooled you can make the burrito, wrap it in plastic wrap, freeze it, and use the microwave when ready to reheat. Alternatively you can store seitan and bean mixtures in an airtight container in the fridge then reheat and make the burrito.

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.

Lunch 5 ↗

Eat on day 6 and day 7

Tempeh taco salad bowl

739 cals ● 45g protein ● 32g fat ● 37g carbs ● 31g fiber



For single meal:

tempeh
1/3 lbs (151g)
taco seasoning mix
4 tsp (11g)
mixed greens
2/3 cup (20g)
salsa
4 tbsp (72g)
refried beans
2/3 cup (161g)
oil
1/4 tbsp (3mL)
avocados, cubed
2/3 avocado(s) (134g)

For all 2 meals:

tempeh
2/3 lbs (302g)
taco seasoning mix
2 2/3 tbsp (23g)
mixed greens
1 1/3 cup (40g)
salsa
1/2 cup (144g)
refried beans
1 1/3 cup (323g)
oil
1/2 tbsp (7mL)
avocados, cubed
1 1/3 avocado(s) (268g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; set aside.
3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

Snacks 1 ↗

Eat on day 1 and day 2

Baked chips

12 crisps - 122 cals ● 2g protein ● 3g fat ● 21g carbs ● 1g fiber



For single meal:

baked chips, any flavor
12 crisps (28g)

For all 2 meals:

baked chips, any flavor
24 crisps (56g)

1. Enjoy.

Raspberries

2/3 cup(s) - 48 cals ● 1g protein ● 1g fat ● 4g carbs ● 5g fiber



For single meal:

raspberries

2/3 cup (82g)

For all 2 meals:

raspberries

1 1/3 cup (164g)

1. Rinse raspberries and serve.

Snacks 2 ↗

Eat on day 3 and day 4

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

2 tbsp, shelled (13g)

For all 2 meals:

walnuts

4 tbsp, shelled (25g)

1. The recipe has no instructions.

Celery and peanut butter

218 cals ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



For single meal:

raw celery

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

peanut butter

2 tbsp (32g)

For all 2 meals:

raw celery

4 stalk, medium (7-1/2" - 8" long)
(160g)

peanut butter

4 tbsp (64g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 3 meals:

roasted peanuts
6 tbsp (55g)

1. The recipe has no instructions.

Chickpea blondies

1 bar(s) - 172 cals ● 6g protein ● 9g fat ● 13g carbs ● 4g fiber



For single meal:

almond butter
2 tsp (10g)
salt
1/4 dash (0g)
baking powder
1/4 dash (0g)
walnuts
1/2 tbsp, chopped (4g)
maple syrup
1/2 tbsp (8mL)
chickpeas, canned, drained & rinsed
1/8 can(s) (56g)

For all 3 meals:

almond butter
2 tbsp (31g)
salt
3/4 dash (1g)
baking powder
3/4 dash (0g)
walnuts
1 1/2 tbsp, chopped (11g)
maple syrup
1 1/2 tbsp (23mL)
chickpeas, canned, drained & rinsed
3/8 can(s) (168g)

1. Preheat oven to 375°F (190°C) and spray a small square baking dish with non-stick spray.
2. Using a blender or food processor, blend chickpeas, maple syrup, and almond butter together until smooth.
3. Mix in salt and baking powder and then fold in the walnuts.
4. Optional: for more sweetness, add some of your favorite zero-calorie sweetener.
5. Spread mixture evenly in the baking pan so that it's about an inch (2.5 cm) thick. Bake for 25 minutes or until set.
6. Let cool and slice into the number of slices listed in the recipe details above. Serve.

Dinner 1 ↗

Eat on day 1

Basic baked potato

1 1/2 potato(es) - 396 cals ● 9g protein ● 1g fat ● 74g carbs ● 13g fiber



Makes 1 1/2 potato(es)

oil
1/4 tbsp (4mL)
salt
1 1/2 dash (1g)
potatoes
1 1/2 large (3" to 4-1/4" dia.) (554g)

- 1. OVEN:**
2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
- 4. MICROWAVE:**
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

Simple seitan

4 oz - 244 cals ● 30g protein ● 8g fat ● 13g carbs ● 1g fiber



Makes 4 oz

seitan
4 oz (113g)
oil
1 tsp (5mL)

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.

Simple sauteed spinach

149 cals ● 5g protein ● 11g fat ● 3g carbs ● 4g fiber



black pepper
1 1/2 dash, ground (0g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)
fresh spinach
6 cup(s) (180g)
garlic, diced
3/4 clove (2g)

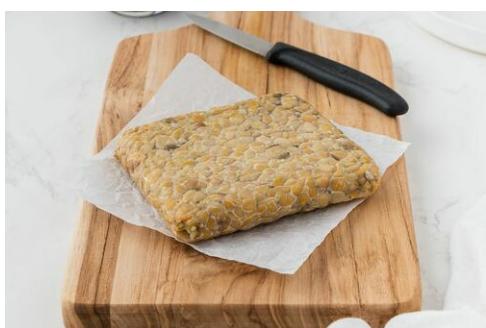
1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Dinner 2 ↗

Eat on day 2 and day 3

Basic tempeh

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



For single meal:

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

For all 2 meals:

tempeh
1 lbs (454g)
oil
2 2/3 tbsp (40mL)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either sauté 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.

Green beans

95 cals ● 4g protein ● 1g fat ● 12g carbs ● 6g fiber



For single meal:
frozen green beans
2 cup (242g)

For all 2 meals:
frozen green beans
4 cup (484g)

1. Prepare according to instructions on package.

Basic baked potato

1/2 potato(es) - 132 cals ● 3g protein ● 0g fat ● 25g carbs ● 4g fiber



For single meal:
oil
1/4 tsp (1mL)
salt
1/2 dash (0g)
potatoes
1/2 large (3" to 4-1/4" dia.) (185g)

For all 2 meals:
oil
1/2 tsp (3mL)
salt
1 dash (0g)
potatoes
1 large (3" to 4-1/4" dia.) (369g)

1. OVEN:
2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

Dinner 3 ↗

Eat on day 4

Roasted tofu & veggies

792 cals ● 54g protein ● 39g fat ● 37g carbs ● 19g fiber



salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
extra firm tofu
1 1/2 block (486g)
olive oil
1 1/2 tbsp (23mL)
brussels sprouts, cut in half
6 oz (170g)
onion, thickly sliced
3/8 medium (2-1/2" dia) (41g)
bell pepper, sliced
3/4 medium (89g)
broccoli, cut as desired
3/4 cup chopped (68g)
carrots, cut as desired
2 1/4 medium (137g)

1. Preheat oven to 400 F (200 C).
2. Drain tofu and use absorbent towel to pat away as much moisture as possible.
3. Cut tofu in one inch cubes.
4. On one baking sheet, drizzle a third of the oil and put the tofu on the sheet. Shake to coat. Set aside.
5. On a second baking sheet, drizzle the remaining olive oil and toss vegetables until evenly coated. It is best to give each type of vegetable its own spot on the sheet so that you can remove the quickly cooking vegetables earlier in the process than the vegetables that take longer.
6. Place sheets in the oven- tofu on the top rack and vegetables on the lower one. Set timer for 20 minutes.
7. After the 20 minutes are up, flip the tofu and check on the vegetables. Remove any vegetables that are fully cooked.
8. Place both sheets back into the oven and increase the temperature to 450 F (230 C) for an additional 20-25 minutes until tofu is brown on all sides. Be sure to check veggies and tofu throughout the process to avoid overcooking.
9. Remove all from oven and combine. Season with salt and pepper. Serve.

Dinner 4 ↗

Eat on day 5 and day 6

Simple vegan garlic bread

1 slice(s) - 126 cals ● 4g protein ● 6g fat ● 13g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
olive oil
1 tsp (5mL)
garlic, minced
1 clove(s) (3g)

For all 2 meals:

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.

Simple mixed greens and tomato salad

265 cals ● 6g protein ● 16g fat ● 18g carbs ● 5g fiber



For single meal:

mixed greens
5 1/4 cup (158g)
tomatoes
14 tbsp cherry tomatoes (130g)
salad dressing
1/3 cup (79mL)

For all 2 meals:

mixed greens
10 1/2 cup (315g)
tomatoes
1 3/4 cup cherry tomatoes (261g)
salad dressing
2/3 cup (158mL)

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

Peanut tempeh

4 oz tempeh - 434 cals ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



For single meal:

tempeh
4 oz (113g)
peanut butter
2 tbsp (32g)
lemon juice
1/2 tbsp (8mL)
soy sauce
1 tsp (5mL)
nutritional yeast
1/2 tbsp (2g)

For all 2 meals:

tempeh
1/2 lbs (227g)
peanut butter
4 tbsp (65g)
lemon juice
1 tbsp (15mL)
soy sauce
2 tsp (10mL)
nutritional yeast
1 tbsp (4g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Dinner 5

Eat on day 7

Lentil kale salad

584 cals ● 23g protein ● 28g fat ● 49g carbs ● 11g fiber



lentils, raw
6 tbsp (72g)
lemon juice
1 1/2 tbsp (23mL)
almonds
1 1/2 tbsp, slivered (10g)
oil
1 1/2 tbsp (23mL)
kale leaves
2 1/4 cup, chopped (90g)
crushed red pepper
1/4 tbsp (1g)
water
1 1/2 cup(s) (356mL)
ground cumin
1/4 tbsp (2g)
garlic, diced
1 1/2 clove(s) (5g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Makes 1/4 cup(s)

almonds

4 tbsp, whole (36g)

1. The recipe has no instructions.

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.