

Meal Plan - 2700 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

2726 cals ● 189g protein (28%) ● 120g fat (39%) ● 176g carbs (26%) ● 46g fiber (7%)

Breakfast

405 cals, 26g protein, 19g net carbs, 22g fat



Southwest tofu scramble
312 cals



Sautéed Kale
91 cals

Snacks

210 cals, 3g protein, 6g net carbs, 15g fat



Cherry tomatoes
9 cherry tomatoes- 32 cals



Avocado
176 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

855 cals, 50g protein, 37g net carbs, 55g fat



Lemon pepper tofu
21 oz- 756 cals



Simple sautéed spinach
100 cals

Dinner

935 cals, 38g protein, 111g net carbs, 26g fat



Spinach soup
540 cals



Naan bread
1 1/2 piece(s)- 393 cals

Day 2

2656 cals ● 221g protein (33%) ● 139g fat (47%) ● 99g carbs (15%) ● 31g fiber (5%)

Breakfast

405 cals, 26g protein, 19g net carbs, 22g fat



Southwest tofu scramble
312 cals



Sautéed Kale
91 cals

Snacks

210 cals, 3g protein, 6g net carbs, 15g fat



Cherry tomatoes
9 cherry tomatoes- 32 cals



Avocado
176 cals

Lunch

855 cals, 50g protein, 37g net carbs, 55g fat



Lemon pepper tofu
21 oz- 756 cals



Simple sautéed spinach
100 cals

Dinner

865 cals, 70g protein, 34g net carbs, 46g fat



Vegan bangers and cauliflower mash
2 sausage link(s)- 722 cals



Soy milk
1 2/3 cup(s)- 141 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 3

2642 cals ● 234g protein (35%) ● 134g fat (46%) ● 86g carbs (13%) ● 39g fiber (6%)

Breakfast

405 cals, 26g protein, 19g net carbs, 22g fat



Southwest tofu scramble
312 cals



Sautéed Kale
91 cals

Lunch

840 cals, 62g protein, 24g net carbs, 50g fat



Baked tofu
21 1/3 oz- 603 cals



Roasted tomatoes
4 tomato(es)- 238 cals

Snacks

210 cals, 3g protein, 6g net carbs, 15g fat



Cherry tomatoes
9 cherry tomatoes- 32 cals



Avocado
176 cals

Dinner

865 cals, 70g protein, 34g net carbs, 46g fat



Vegan bangers and cauliflower mash
2 sausage link(s)- 722 cals



Soy milk
1 2/3 cup(s)- 141 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 4

2678 cals ● 211g protein (32%) ● 127g fat (43%) ● 134g carbs (20%) ● 37g fiber (6%)

Breakfast

375 cals, 16g protein, 24g net carbs, 17g fat



Soy milk
1/2 cup(s)- 42 cals



Basic vegan chia pudding
186 cals



Hummus toast
1 slice(s)- 146 cals

Snacks

410 cals, 15g protein, 23g net carbs, 26g fat



High-protein granola bar
1 bar(s)- 204 cals



Kale chips
206 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

840 cals, 62g protein, 24g net carbs, 50g fat



Baked tofu
21 1/3 oz- 603 cals



Roasted tomatoes
4 tomato(es)- 238 cals

Dinner

725 cals, 46g protein, 60g net carbs, 32g fat



Crispy chick'n tenders
10 2/3 tender(s)- 609 cals



Simple kale & avocado salad
115 cals

Day 5

2663 cals ● 219g protein (33%) ● 117g fat (39%) ● 131g carbs (20%) ● 51g fiber (8%)

Breakfast

375 cals, 16g protein, 24g net carbs, 17g fat



Soy milk
1/2 cup(s)- 42 cals



Basic vegan chia pudding
186 cals



Hummus toast
1 slice(s)- 146 cals

Snacks

410 cals, 15g protein, 23g net carbs, 26g fat



High-protein granola bar
1 bar(s)- 204 cals



Kale chips
206 cals

Lunch

750 cals, 63g protein, 42g net carbs, 32g fat



Vegan sausage
2 sausage(s)- 536 cals



Simple salad with celery, cucumber & tomato
213 cals

Dinner

800 cals, 53g protein, 38g net carbs, 40g fat



Basic tempeh
8 oz- 590 cals



Tomato cucumber salad
212 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 6

2673 cals ● 192g protein (29%) ● 99g fat (33%) ● 190g carbs (28%) ● 63g fiber (9%)

Breakfast

345 cals, 12g protein, 50g net carbs, 10g fat



Soy milk yogurt

1 container- 136 cals



Breakfast cereal with almond milk

212 cals

Lunch

885 cals, 40g protein, 82g net carbs, 38g fat



Mediterranean vegan chick'n wrap

2 wrap(s)- 713 cals



Simple kale & avocado salad

173 cals

Snacks

310 cals, 15g protein, 16g net carbs, 11g fat



Chocolate avocado vegan chia pudding

172 cals



Blackberries

2 cup(s)- 139 cals

Dinner

800 cals, 53g protein, 38g net carbs, 40g fat



Basic tempeh

8 oz- 590 cals



Tomato cucumber salad

212 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 7

2557 cals ● 167g protein (26%) ● 93g fat (33%) ● 212g carbs (33%) ● 50g fiber (8%)

Breakfast

345 cals, 12g protein, 50g net carbs, 10g fat



Soy milk yogurt

1 container- 136 cals



Breakfast cereal with almond milk

212 cals

Lunch

885 cals, 40g protein, 82g net carbs, 38g fat



Mediterranean vegan chick'n wrap

2 wrap(s)- 713 cals



Simple kale & avocado salad

173 cals

Snacks

310 cals, 15g protein, 16g net carbs, 11g fat



Chocolate avocado vegan chia pudding

172 cals



Blackberries

2 cup(s)- 139 cals

Dinner

685 cals, 28g protein, 61g net carbs, 34g fat



Basic tofu

8 oz- 342 cals



Olive oil drizzled lima beans

161 cals



White rice

5/6 cup rice, cooked- 182 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Grocery List



Cereal Grains and Pasta

- cornstarch
6 tbsp (48g)
- long-grain white rice
1/4 cup (51g)

Fats and Oils

- oil
6 3/4 oz (205mL)
- olive oil
2 oz (66mL)
- salad dressing
1/4 lbs (127mL)

Spices and Herbs

- lemon pepper
1/2 tbsp (3g)
- black pepper
1/3 tsp, ground (1g)
- salt
4 tsp (24g)
- garlic powder
1/2 tbsp (5g)
- ground cumin
1 tbsp (6g)
- chili powder
1/4 tbsp (2g)
- cinnamon
4 dash (1g)
- vanilla extract
1 tsp (5mL)

Fruits and Fruit Juices

- lemon
4 small (232g)
- avocados
2 1/2 avocado(s) (528g)
- lemon juice
1/2 tbsp (8mL)
- blackberries
4 cup (576g)

Legumes and Legume Products

- firm tofu
3 lbs (1418g)
- extra firm tofu
4 lbs (1890g)

Soups, Sauces, and Gravies

- vegetable broth
1 1/2 cup(s) (mL)

Baked Products

- naan bread
1 1/2 piece(s) (135g)
- bread
2 slice (64g)
- flour tortillas
4 tortilla (approx 7-8" dia) (196g)

Beverages

- protein powder
21 1/2 scoop (1/3 cup ea) (667g)
- water
21 1/2 cup(s) (5110mL)
- almond milk, unsweetened
3 cup (720mL)

Other

- frozen cauliflower
3 cup (340g)
- vegan sausage
6 sausage (600g)
- soy milk, unsweetened
4 1/3 cup(s) (mL)
- meatless chik'n tenders
1 1/4 lbs (556g)
- mixed greens
1 package (5.5 oz) (159g)
- soy milk yogurt
2 container(s) (301g)
- cacao powder
1 tbsp (6g)

Nut and Seed Products

- sesame seeds
2 2/3 tbsp (24g)
- chia seeds
5 tbsp (71g)

Sweets

- maple syrup
2 tsp (10mL)

- chickpeas, canned
5/8 can(s) (280g)
- soy sauce
1 1/3 cup (319mL)
- hummus
13 tbsp (195g)
- tempeh
1 lbs (454g)

Vegetables and Vegetable Products

- fresh spinach
2 10oz package (524g)
- garlic
1 clove (3g)
- kale leaves
2 lbs (930g)
- onion
3 medium (2-1/2" dia) (330g)
- red bell pepper
1 1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (179g)
- fresh ginger
2/3 oz (18g)
- tomatoes
14 medium whole (2-3/5" dia) (1718g)
- ketchup
2 2/3 tbsp (45g)
- red onion
1 1/2 small (105g)
- cucumber
2 2/3 cucumber (8-1/4") (806g)
- raw celery
1 2/3 stalk, medium (7-1/2" - 8" long) (67g)
- lima beans, frozen
3/8 package (10 oz) (107g)

Snacks

- high-protein granola bar
2 bar (80g)

Breakfast Cereals

- breakfast cereal
2 1/2 serving (75g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Southwest tofu scramble

312 cals ● 24g protein ● 15g fat ● 15g carbs ● 5g fiber



For single meal:

olive oil
1 tsp (5mL)
garlic powder
4 dash (2g)
ground cumin
4 dash (1g)
chili powder
2 dash (1g)
extra firm tofu
1/2 lbs (227g)
kale leaves
2 cup, chopped (80g)
salt
4 dash (3g)
onion, thinly sliced
1/4 small (18g)
red bell pepper, thinly sliced
1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (60g)

For all 3 meals:

olive oil
1 tbsp (15mL)
garlic powder
1/2 tbsp (5g)
ground cumin
1/2 tbsp (3g)
chili powder
1/4 tbsp (2g)
extra firm tofu
1 1/2 lbs (680g)
kale leaves
6 cup, chopped (240g)
salt
1/2 tbsp (9g)
onion, thinly sliced
3/4 small (53g)
red bell pepper, thinly sliced
1 1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (179g)

1. Wrap the tofu in a clean towel and place something heavy on top (like a skillet) for 15 minutes.
2. While tofu drains, add all of the dried spices to a bowl and add just enough water to make a pourable sauce. Set aside.
3. Place a medium skillet over medium heat and add olive oil, onion and pepper. Cook until veggies have softened, about 5 minutes.
4. Add kale and cover for about 2 minutes to steam.
5. Meanwhile, unwrap the tofu and use a fork to break it down into bite-sized pieces.
6. Move the veggies to one side of the pan and add the tofu to the other side. Cook for about 2 minutes and then add the sauce, pouring mostly over the tofu, but a little over the veggies. As soon as the sauce is poured, stir the 2 sides of the pan together and cook for another 5-7 minutes until the tofu is lightly browned.
7. Serve.

Sautéed Kale

91 cals ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

kale leaves

1 1/2 cup, chopped (60g)

oil

1/2 tbsp (8mL)

For all 3 meals:

kale leaves

4 1/2 cup, chopped (180g)

oil

1 1/2 tbsp (23mL)

1. Heat oil in a skillet over medium-low heat. Add kale and sauté for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Breakfast 2 ↗

Eat on day 4 and day 5

Soy milk

1/2 cup(s) - 42 cals ● 4g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

soy milk, unsweetened

1/2 cup(s) (mL)

For all 2 meals:

soy milk, unsweetened

1 cup(s) (mL)

1. The recipe has no instructions.

Basic vegan chia pudding

186 cals ● 6g protein ● 10g fat ● 9g carbs ● 8g fiber



For single meal:

maple syrup

1 tsp (5mL)

cinnamon

2 dash (1g)

vanilla extract

1/2 tsp (3mL)

almond milk, unsweetened

1/2 cup(s) (120mL)

chia seeds

1 1/2 tbsp (21g)

For all 2 meals:

maple syrup

2 tsp (10mL)

cinnamon

4 dash (1g)

vanilla extract

1 tsp (5mL)

almond milk, unsweetened

1 cup(s) (240mL)

chia seeds

3 tbsp (43g)

1. Mix all ingredients together in a small container. Cover and refrigerate mixture 2 hours to overnight, until chia seeds plump up. Serve.

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

bread

1 slice (32g)

hummus

2 1/2 tbsp (38g)

For all 2 meals:

bread

2 slice (64g)

hummus

5 tbsp (75g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Breakfast 3

Eat on day 6 and day 7

Soy milk yogurt

1 container - 136 cals ● 6g protein ● 4g fat ● 20g carbs ● 0g fiber



For single meal:

soy milk yogurt

1 container(s) (150g)

For all 2 meals:

soy milk yogurt

2 container(s) (301g)

1. The recipe has no instructions.

Breakfast cereal with almond milk

212 cals ● 6g protein ● 6g fat ● 31g carbs ● 3g fiber



For single meal:

breakfast cereal

1 1/4 serving (38g)

almond milk, unsweetened

10 tbsp (150mL)

For all 2 meals:

breakfast cereal

2 1/2 serving (75g)

almond milk, unsweetened

1 1/4 cup (300mL)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Lunch 1 ↗

Eat on day 1 and day 2

Lemon pepper tofu

21 oz - 756 cals ● 46g protein ● 47g fat ● 35g carbs ● 1g fiber



For single meal:

cornstarch
3 tbsp (24g)
oil
1 1/2 tbsp (23mL)
lemon pepper
1/4 tbsp (2g)
lemon, zested
1 1/2 small (87g)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)

For all 2 meals:

cornstarch
6 tbsp (48g)
oil
3 tbsp (45mL)
lemon pepper
1/2 tbsp (3g)
lemon, zested
3 small (174g)
firm tofu, patted dry & cubed
2 1/2 lbs (1191g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)
garlic, diced
1/2 clove (2g)

For all 2 meals:

black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)
garlic, diced
1 clove (3g)

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.

Lunch 2 ↗

Eat on day 3 and day 4

Baked tofu

21 1/3 oz - 603 cals ● 59g protein ● 31g fat ● 14g carbs ● 7g fiber



For single meal:

soy sauce
2/3 cup (160mL)
sesame seeds
4 tsp (12g)
extra firm tofu
1 1/3 lbs (605g)
fresh ginger, peeled and grated
1 1/3 slices (1" dia) (3g)

For all 2 meals:

soy sauce
1 1/3 cup (320mL)
sesame seeds
2 2/3 tbsp (24g)
extra firm tofu
2 2/3 lbs (1210g)
fresh ginger, peeled and grated
2 2/3 slices (1" dia) (6g)

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.

Roasted tomatoes

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



For single meal:

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

For all 2 meals:

oil
2 2/3 tbsp (40mL)
tomatoes
8 small whole (2-2/5" dia) (728g)

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.

Lunch 3 ↗

Eat on day 5

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 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 4 ↗

Eat on day 6 and day 7

Mediterranean vegan chik'n wrap

2 wrap(s) - 713 cals ● 36g protein ● 26g fat ● 75g carbs ● 8g fiber



For single meal:

meatless chik'n tenders
5 oz (142g)
flour tortillas
2 tortilla (approx 7-8" dia) (98g)
mixed greens
1/2 cup (15g)
hummus
4 tbsp (60g)
cucumber, chopped
1/2 cup slices (52g)
tomatoes, chopped
2 slice(s), thin/small (30g)

For all 2 meals:

meatless chik'n tenders
10 oz (284g)
flour tortillas
4 tortilla (approx 7-8" dia) (196g)
mixed greens
1 cup (30g)
hummus
1/2 cup (120g)
cucumber, chopped
1 cup slices (104g)
tomatoes, chopped
4 slice(s), thin/small (60g)

1. Cook chik'n according to package.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.

Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



For single meal:

kale leaves, chopped
3/8 bunch (64g)
avocados, chopped
3/8 avocado(s) (75g)
lemon, juiced
3/8 small (22g)

For all 2 meals:

kale leaves, chopped
3/4 bunch (128g)
avocados, chopped
3/4 avocado(s) (151g)
lemon, juiced
3/4 small (44g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Snacks 1 ↗

Eat on day 1, day 2, and day 3

Cherry tomatoes

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



For single meal:

tomatoes

9 cherry tomatoes (153g)

For all 3 meals:

tomatoes

27 cherry tomatoes (459g)

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

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 3 meals:

avocados

1 1/2 avocado(s) (302g)

lemon juice

1/2 tbsp (8mL)

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

Snacks 2 ↗

Eat on day 4 and day 5

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 2 meals:

high-protein granola bar
2 bar (80g)

1. The recipe has no instructions.

Kale chips

206 cals ● 5g protein ● 14g fat ● 11g carbs ● 3g fiber



For single meal:

salt
1 tsp (6g)
kale leaves
1 bunch (170g)
olive oil
1 tbsp (15mL)

For all 2 meals:

salt
2 tsp (12g)
kale leaves
2 bunch (340g)
olive oil
2 tbsp (30mL)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

Snacks 3 ↗

Eat on day 6 and day 7

Chocolate avocado vegan chia pudding

172 cals ● 11g protein ● 9g fat ● 4g carbs ● 7g fiber



For single meal:

avocados
1/2 slices (13g)
cacao powder
1/2 tbsp (3g)
chia seeds
1 tbsp (14g)
almond milk, unsweetened
3/8 cup(s) (90mL)
protein powder
1/4 scoop (1/3 cup ea) (8g)

For all 2 meals:

avocados
1 slices (25g)
cacao powder
1 tbsp (6g)
chia seeds
2 tbsp (28g)
almond milk, unsweetened
3/4 cup(s) (180mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

Blackberries

2 cup(s) - 139 cals ● 4g protein ● 1g fat ● 12g carbs ● 15g fiber



For single meal:

blackberries
2 cup (288g)

For all 2 meals:

blackberries
4 cup (576g)

1. Rinse blackberries and serve.

Dinner 1 ↗

Eat on day 1

Spinach soup

540 cals ● 25g protein ● 19g fat ● 46g carbs ● 22g fiber



oil
2 1/2 tsp (13mL)
fresh spinach
10 oz (284g)
vegetable broth
1 1/2 cup(s) (mL)
ground cumin
1 1/4 tsp (3g)
onion, chopped
1 1/4 medium (2-1/2" dia) (138g)
fresh ginger, minced
2 1/2 inch (2.5cm) cube (13g)
chickpeas, canned, drained & rinsed
5/8 can(s) (280g)

1. Heat oil in a large pot over medium-high heat. Fry onion and ginger until soft, about 3-5 minutes. Stir in chickpeas, spinach, broth, cumin, and some salt.
2. Bring to a boil, reduce heat to low, and cook until greens are wilted, about 4-5 minutes.
3. Carefully transfer soup to a blender. Blend until smooth. Season to taste with salt and pepper. Serve.

Naan bread

1 1/2 piece(s) - 393 cals ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber

Makes 1 1/2 piece(s)

naan bread
1 1/2 piece(s) (135g)



1. The recipe has no instructions.

Dinner 2 ↗

Eat on day 2 and day 3

Vegan bangers and cauliflower mash

2 sausage link(s) - 722 cals ● 58g protein ● 38g fat ● 31g carbs ● 6g fiber



For single meal:

frozen cauliflower
1 1/2 cup (170g)
oil
1 tbsp (15mL)
vegan sausage
2 sausage (200g)
onion, thinly sliced
1 small (70g)

For all 2 meals:

frozen cauliflower
3 cup (340g)
oil
2 tbsp (30mL)
vegan sausage
4 sausage (400g)
onion, thinly sliced
2 small (140g)

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

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.

Dinner 3 ↗

Eat on day 4

Crispy chick'n tenders

10 2/3 tender(s) - 609 cals ● 43g protein ● 24g fat ● 55g carbs ● 0g fiber



Makes 10 2/3 tender(s)

meatless chick'n tenders

10 2/3 pieces (272g)

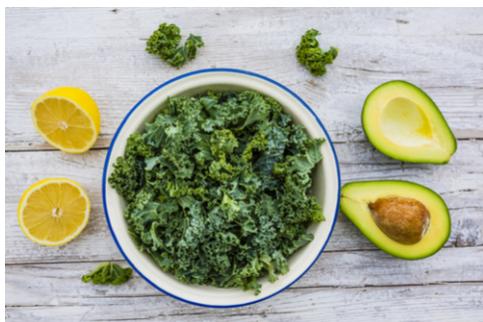
ketchup

2 2/3 tbsp (45g)

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

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



kale leaves, chopped

1/4 bunch (43g)

avocados, chopped

1/4 avocado(s) (50g)

lemon, juiced

1/4 small (15g)

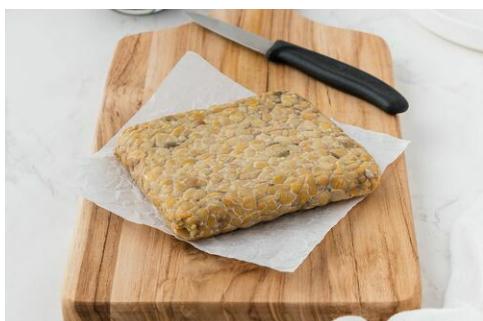
1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Dinner 4 ↗

Eat on day 5 and day 6

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 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.

Tomato cucumber salad

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



For single meal:

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)

For all 2 meals:

salad dressing
6 tbsp (90mL)
red onion, thinly sliced
1 1/2 small (105g)
cucumber, thinly sliced
1 1/2 cucumber (8-1/4") (452g)
tomatoes, thinly sliced
3 medium whole (2-3/5" dia) (369g)

1. Mix ingredients together in a bowl and serve.

Dinner 5 ↗

Eat on day 7

Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



Makes 8 oz

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

1. Slice tofu 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.

Olive oil drizzled lima beans

161 cals ● 7g protein ● 5g fat ● 15g carbs ● 6g fiber



black pepper
3/4 dash, ground (0g)
salt
1 1/2 dash (1g)
lima beans, frozen
3/8 package (10 oz) (107g)
olive oil
1 tsp (6mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

White rice

5/6 cup rice, cooked - 182 cals ● 4g protein ● 0g fat ● 41g carbs ● 1g fiber

Makes 5/6 cup rice, cooked



water

1/2 cup(s) (132mL)

long-grain white rice

1/4 cup (51g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

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.