

# Meal Plan - 2800 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

2696 cals ● 173g protein (26%) ● 79g fat (26%) ● 281g carbs (42%) ● 42g fiber (6%)

### Breakfast

445 cals, 45g protein, 27g net carbs, 14g fat



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



**Double chocolate almond milk protein shake**  
251 cals



**Sunflower seeds**  
90 cals

### Snacks

365 cals, 17g protein, 44g net carbs, 9g fat



**Strawberries**  
1 cup(s)- 52 cals



**Pretzels**  
165 cals



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

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

890 cals, 17g protein, 85g net carbs, 47g fat



**Roasted cashews**  
1/2 cup(s)- 417 cals



**Strawberry apple spinach salad**  
335 cals



**Dried cranberries**  
1/4 cup- 136 cals

### Dinner

670 cals, 21g protein, 123g net carbs, 7g fat



**Fruit juice**  
2 3/4 cup(s)- 315 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals



**Spaghetti and meatless meatballs**  
332 cals

## Day 2

2855 cals ● 204g protein (29%) ● 114g fat (36%) ● 201g carbs (28%) ● 50g fiber (7%)

### Breakfast

445 cals, 45g protein, 27g net carbs, 14g fat



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



**Double chocolate almond milk protein shake**  
251 cals



**Sunflower seeds**  
90 cals

### Snacks

365 cals, 17g protein, 44g net carbs, 9g fat



**Strawberries**  
1 cup(s)- 52 cals



**Pretzels**  
165 cals



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

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

890 cals, 17g protein, 85g net carbs, 47g fat



**Roasted cashews**  
1/2 cup(s)- 417 cals



**Strawberry apple spinach salad**  
335 cals



**Dried cranberries**  
1/4 cup- 136 cals

### Dinner

830 cals, 52g protein, 43g net carbs, 42g fat



**Roasted almonds**  
1/4 cup(s)- 222 cals



**Chunky canned soup (non-creamy)**  
1 can(s)- 247 cals



**Seitan salad**  
359 cals

## Day 3

2797 cals ● 217g protein (31%) ● 91g fat (29%) ● 217g carbs (31%) ● 60g fiber (9%)

### Breakfast

445 cals, 45g protein, 27g net carbs, 14g fat



#### Apple

1 apple(s)- 105 cals



#### Double chocolate almond milk protein shake

251 cals



#### Sunflower seeds

90 cals

### Snacks

320 cals, 5g protein, 43g net carbs, 9g fat



#### Roasted cashews

1/8 cup(s)- 104 cals



#### Fruit juice

1/2 cup(s)- 57 cals



#### Grapes

160 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

### Lunch

875 cals, 42g protein, 101g net carbs, 23g fat



#### Soy milk

1 1/4 cup(s)- 106 cals



#### Creamy lentils and sweet potato

768 cals

### Dinner

830 cals, 52g protein, 43g net carbs, 42g fat



#### Roasted almonds

1/4 cup(s)- 222 cals



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

1 can(s)- 247 cals



#### Seitan salad

359 cals

## Day 4

2754 cals ● 190g protein (28%) ● 85g fat (28%) ● 243g carbs (35%) ● 65g fiber (9%)

### Breakfast

455 cals, 26g protein, 9g net carbs, 28g fat



#### Roasted almonds

1/8 cup(s)- 111 cals



#### Chocolate avocado vegan chia pudding

344 cals

### Snacks

320 cals, 5g protein, 43g net carbs, 9g fat



#### Roasted cashews

1/8 cup(s)- 104 cals



#### Fruit juice

1/2 cup(s)- 57 cals



#### Grapes

160 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

### Lunch

875 cals, 42g protein, 101g net carbs, 23g fat



#### Soy milk

1 1/4 cup(s)- 106 cals



#### Creamy lentils and sweet potato

768 cals

### Dinner

775 cals, 44g protein, 86g net carbs, 23g fat



#### Vegan meatball sub

1 1/2 sub(s)- 702 cals



#### Simple mixed greens and tomato salad

76 cals

## Day 5

2807 cals ● 218g protein (31%) ● 138g fat (44%) ● 115g carbs (16%) ● 59g fiber (8%)

### Breakfast

455 cals, 26g protein, 9g net carbs, 28g fat



#### Roasted almonds

1/8 cup(s)- 111 cals



#### Chocolate avocado vegan chia pudding

344 cals

### Snacks

395 cals, 12g protein, 47g net carbs, 12g fat



#### Roasted chickpeas

1/2 cup- 276 cals



#### Grapefruit

1 grapefruit- 119 cals

### Lunch

795 cals, 35g protein, 32g net carbs, 54g fat



#### Lemon pepper tofu

14 oz- 504 cals



#### Tomato and avocado salad

293 cals

### Dinner

835 cals, 73g protein, 25g net carbs, 41g fat



#### Simple salad with tomatoes and carrots

98 cals



#### Soy milk

2 cup(s)- 169 cals



#### Baked tofu

20 oz- 566 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

## Day 6

2833 cals ● 207g protein (29%) ● 121g fat (39%) ● 180g carbs (25%) ● 48g fiber (7%)

### Breakfast

375 cals, 15g protein, 45g net carbs, 15g fat



**Soy milk yogurt**

2 container- 271 cals



**Roasted cashews**

1/8 cup(s)- 104 cals

### Lunch

905 cals, 35g protein, 61g net carbs, 51g fat



**Fruit juice**

1 2/3 cup(s)- 191 cals



**Salsa verde tofu salad**

529 cals



**Pumpkin seeds**

183 cals

### Snacks

395 cals, 12g protein, 47g net carbs, 12g fat



**Roasted chickpeas**

1/2 cup- 276 cals



**Grapefruit**

1 grapefruit- 119 cals

### Dinner

835 cals, 73g protein, 25g net carbs, 41g fat



**Simple salad with tomatoes and carrots**

98 cals



**Soy milk**

2 cup(s)- 169 cals



**Baked tofu**

20 oz- 566 cals

### Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cals

## Day 7

2762 cals ● 192g protein (28%) ● 116g fat (38%) ● 193g carbs (28%) ● 44g fiber (6%)

### Breakfast

375 cals, 15g protein, 45g net carbs, 15g fat



#### Soy milk yogurt

2 container- 271 cals



#### Roasted cashews

1/8 cup(s)- 104 cals

### Lunch

905 cals, 35g protein, 61g net carbs, 51g fat



#### Fruit juice

1 2/3 cup(s)- 191 cals



#### Salsa verde tofu salad

529 cals



#### Pumpkin seeds

183 cals

### Snacks

395 cals, 12g protein, 47g net carbs, 12g fat



#### Roasted chickpeas

1/2 cup- 276 cals



#### Grapefruit

1 grapefruit- 119 cals

### Dinner

760 cals, 58g protein, 37g net carbs, 37g fat



#### Simple seitan

7 oz- 426 cals



#### Cherry tomatoes

12 cherry tomatoes- 42 cals



#### Tomato and avocado salad

293 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  
25 1/2 cup(s) (6044mL)
- almond milk, unsweetened  
1/4 gallon (900mL)

## Fruits and Fruit Juices

- strawberries  
2 pint (645g)
- fruit juice  
56 2/3 fl oz (1700mL)
- apples  
4 1/2 medium (3" dia) (844g)
- dried cranberries  
1/2 cup (80g)
- avocados  
2 3/4 avocado(s) (552g)
- grapes  
5 1/2 cup (506g)
- Grapefruit  
3 large (approx 4-1/2" dia) (996g)
- lemon  
1 small (58g)
- lime juice  
2 1/2 tbsp (38mL)

## Snacks

- pretzels, hard, salted  
3 oz (85g)

## Other

- soy milk, unsweetened  
10 cup(s) (mL)
- vegan meatballs, frozen  
7 1/2 meatball(s) (225g)
- protein powder, chocolate  
4 1/2 scoop (1/3 cup ea) (140g)
- nutritional yeast  
3 1/2 tsp (4g)
- cacao powder  
2 tbsp (12g)
- sub roll(s)  
1 1/2 roll(s) (128g)
- mixed greens  
6 cup (180g)

## Cereal Grains and Pasta

- uncooked dry pasta  
2 oz (57g)
- seitan  
13 oz (369g)
- cornstarch  
2 tbsp (16g)

## Sweets

- cocoa powder  
1 1/2 tbsp (8g)

## Nut and Seed Products

- sunflower kernels  
1 1/2 oz (43g)
- roasted cashews  
1 1/2 cup (206g)
- almonds  
1/4 lbs (130g)
- coconut milk, canned  
6 3/4 tbsp (101mL)
- chia seeds  
4 tbsp (57g)
- sesame seeds  
2 1/2 tbsp (23g)
- roasted pumpkin seeds, unsalted  
1/4 lbs (103g)

## Fats and Oils

- balsamic vinaigrette  
4 tbsp (60mL)
- oil  
2 oz (60mL)
- salad dressing  
5 tbsp (75mL)
- olive oil  
2 tsp (9mL)

## Legumes and Legume Products

- lentils, raw  
1 cup (213g)
- soy sauce  
1 1/4 cup (300mL)
- extra firm tofu  
2 1/2 lbs (1134g)
- firm tofu  
1 1/2 lbs (649g)

- Roasted chickpeas**  
1 1/2 cup (170g)
- soy milk yogurt**  
4 container(s) (601g)

## Vegetables and Vegetable Products

- tomatoes**  
7 2/3 medium whole (2-3/5" dia) (944g)
- fresh spinach**  
13 1/3 cup(s) (400g)
- onion**  
2 medium (2-1/2" dia) (221g)
- sweet potatoes**  
1 2/3 sweetpotato, 5" long (350g)
- carrots**  
1/2 medium (31g)
- romaine lettuce**  
1 hearts (500g)
- fresh ginger**  
2 1/2 slices (1" dia) (6g)

## Soups, Sauces, and Gravies

- pasta sauce**  
1/4 jar (24 oz) (182g)
- chunky canned soup (non-creamy varieties)**  
2 can (~19 oz) (1052g)
- vegetable broth**  
3 1/3 cup(s) (mL)
- salsa verde**  
3 tbsp (48g)

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- black beans**  
6 tbsp (90g)

## Spices and Herbs

- ground cumin**  
1/3 oz (9g)
- lemon pepper**  
4 dash (1g)
- garlic powder**  
5 dash (2g)
- salt**  
5 dash (4g)
- black pepper**  
5 dash, ground (1g)

## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### 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 3 meals:

**apples**

3 medium (3" dia) (546g)

1. The recipe has no instructions.

### 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.

### Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:  
**sunflower kernels**  
1/2 oz (14g)

For all 3 meals:  
**sunflower kernels**  
1 1/2 oz (43g)

1. The recipe has no instructions.

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## Breakfast 2 ↗

Eat on day 4 and day 5

### Roasted almonds

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



For single meal:  
**almonds**  
2 tbsp, whole (18g)

For all 2 meals:  
**almonds**  
4 tbsp, whole (36g)

1. The recipe has no instructions.

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## Chocolate avocado vegan chia pudding

344 cals ● 22g protein ● 19g fat ● 8g carbs ● 14g fiber



For single meal:  
**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)

For all 2 meals:  
**avocados**  
2 slices (50g)  
**cacao powder**  
2 tbsp (12g)  
**chia seeds**  
4 tbsp (57g)  
**almond milk, unsweetened**  
1 1/2 cup(s) (360mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

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.

## Breakfast 3 ↗

Eat on day 6 and day 7

### 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 2 meals:

**soy milk yogurt**  
4 container(s) (601g)

1. The recipe has no instructions.

### Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**roasted cashews**  
2 tbsp (17g)

For all 2 meals:

**roasted cashews**  
4 tbsp (34g)

1. The recipe has no instructions.

## Lunch 1 ↗

Eat on day 1 and day 2

### Roasted cashews

1/2 cup(s) - 417 cals ● 10g protein ● 32g fat ● 20g carbs ● 2g fiber



For single meal:

**roasted cashews**  
1/2 cup (69g)

For all 2 meals:

**roasted cashews**  
1 cup (137g)

1. The recipe has no instructions.

### Strawberry apple spinach salad

335 cals ● 7g protein ● 15g fat ● 33g carbs ● 11g fiber



For single meal:

**fresh spinach**  
3 cup(s) (90g)  
**almonds**  
2 tbsp, sliced (12g)  
**balsamic vinaigrette**  
2 tbsp (30mL)  
**strawberries, chopped**  
1/2 pint (179g)  
**apples, chopped**  
1 small (2-3/4" dia) (149g)

For all 2 meals:

**fresh spinach**  
6 cup(s) (180g)  
**almonds**  
4 tbsp, sliced (23g)  
**balsamic vinaigrette**  
4 tbsp (60mL)  
**strawberries, chopped**  
1 pint (357g)  
**apples, chopped**  
2 small (2-3/4" dia) (298g)

1. Toss all ingredients together, except the vinaigrette.
2. Drizzle Vinaigrette over salad when serving.

### Dried cranberries

1/4 cup - 136 cals ● 0g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

**dried cranberries**  
4 tbsp (40g)

For all 2 meals:

**dried cranberries**  
1/2 cup (80g)

1. The recipe has no instructions.

## Lunch 2 ↗

Eat on day 3 and day 4

### 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.

### Creamy lentils and sweet potato

768 cals ● 34g protein ● 18g fat ● 99g carbs ● 20g fiber



For single meal:

**lentils, raw**  
1/2 cup (106g)  
**vegetable broth**  
1 2/3 cup(s) (mL)  
**fresh spinach**  
1 2/3 cup(s) (50g)  
**coconut milk, canned**  
1/4 cup (50mL)  
**oil**  
1 1/4 tsp (6mL)  
**ground cumin**  
5 dash (1g)  
**onion, diced**  
5/6 medium (2-1/2" dia) (92g)  
**sweet potatoes, chopped into bite-sized pieces**  
5/6 sweetpotato, 5" long (175g)

For all 2 meals:

**lentils, raw**  
1 cup (213g)  
**vegetable broth**  
3 1/3 cup(s) (mL)  
**fresh spinach**  
3 1/3 cup(s) (100g)  
**coconut milk, canned**  
6 2/3 tbsp (100mL)  
**oil**  
2 1/2 tsp (13mL)  
**ground cumin**  
1 1/4 tsp (3g)  
**onion, diced**  
1 2/3 medium (2-1/2" dia) (183g)  
**sweet potatoes, chopped into bite-sized pieces**  
1 2/3 sweetpotato, 5" long (350g)

1. In a soup pan, heat oil over medium heat and add diced onion. Saute for about 5 minutes, until browned and soft.
2. Add sweet potato, lentils, cumin, and broth. Add salt and pepper to taste. Cover and let simmer for about 20 minutes.
3. Once the lentils and sweet potato are soft, add in spinach and coconut milk to the pot and stir. Let simmer for another few minutes, uncovered.
4. Serve.

## Lunch 3 ↗

Eat on day 5

### Lemon pepper tofu

14 oz - 504 cals ● 31g protein ● 32g fat ● 23g carbs ● 1g fiber



Makes 14 oz

**cornstarch**  
2 tbsp (16g)  
**oil**  
1 tbsp (15mL)  
**lemon pepper**  
4 dash (1g)  
**lemon, zested**  
1 small (58g)  
**firm tofu, patted dry & cubed**  
14 oz (397g)

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.

### Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



**onion**  
1 1/4 tbsp minced (19g)  
**lime juice**  
1 1/4 tbsp (19mL)  
**olive oil**  
1 tsp (5mL)  
**garlic powder**  
1/3 tsp (1g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**avocados, cubed**  
5/8 avocado(s) (126g)  
**tomatoes, diced**  
5/8 medium whole (2-3/5" dia) (77g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

## Lunch 4 ↗

Eat on day 6 and day 7

### Fruit juice

1 2/3 cup(s) - 191 cals ● 3g protein ● 1g fat ● 42g carbs ● 1g fiber



For single meal:

**fruit juice**  
13 1/3 fl oz (400mL)

For all 2 meals:

**fruit juice**  
26 2/3 fl oz (800mL)

1. The recipe has no instructions.

### Salsa verde tofu salad

529 cals ● 23g protein ● 36g fat ● 17g carbs ● 12g fiber



For single meal:

**firm tofu**  
1 1/2 slice(s) (126g)  
**oil**  
1/2 tbsp (8mL)  
**mixed greens**  
2 1/4 cup (68g)  
**roasted pumpkin seeds, unsalted**  
3 tbsp (22g)  
**ground cumin**  
1/2 tbsp (3g)  
**salsa verde**  
1 1/2 tbsp (24g)  
**avocados, sliced**  
3 slices (75g)  
**black beans, drained and rinsed**  
3 tbsp (45g)  
**tomatoes, chopped**  
3/4 roma tomato (60g)

For all 2 meals:

**firm tofu**  
3 slice(s) (252g)  
**oil**  
1 tbsp (15mL)  
**mixed greens**  
4 1/2 cup (135g)  
**roasted pumpkin seeds, unsalted**  
6 tbsp (44g)  
**ground cumin**  
1 tbsp (6g)  
**salsa verde**  
3 tbsp (48g)  
**avocados, sliced**  
6 slices (150g)  
**black beans, drained and rinsed**  
6 tbsp (90g)  
**tomatoes, chopped**  
1 1/2 roma tomato (120g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

### 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.

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## Snacks 1 ↗

Eat on day 1 and day 2

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### Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

**strawberries**  
1 cup, whole (144g)

For all 2 meals:

**strawberries**  
2 cup, whole (288g)

1. The recipe has no instructions.

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### Pretzels

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



For single meal:

**pretzels, hard, salted**  
1 1/2 oz (43g)

For all 2 meals:

**pretzels, hard, salted**  
3 oz (85g)

1. The recipe has no instructions.

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### Soy milk

1 3/4 cup(s) - 148 cals ● 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.

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## Snacks 2 ↗

Eat on day 3 and day 4

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### Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**roasted cashews**  
2 tbsp (17g)

For all 2 meals:

**roasted cashews**  
4 tbsp (34g)

1. The recipe has no instructions.

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## Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

**fruit juice**  
4 fl oz (120mL)

For all 2 meals:

**fruit juice**  
8 fl oz (240mL)

1. The recipe has no instructions.

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## Grapes

160 cals ● 2g protein ● 1g fat ● 25g carbs ● 10g fiber



For single meal:

**grapes**

2 3/4 cup (253g)

For all 2 meals:

**grapes**

5 1/2 cup (506g)

1. The recipe has no instructions.

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## Snacks 3 ↗

Eat on day 5, day 6, and day 7

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### Roasted chickpeas

1/2 cup - 276 cals ● 10g protein ● 12g fat ● 24g carbs ● 8g fiber



For single meal:

**Roasted chickpeas**

1/2 cup (57g)

For all 3 meals:

**Roasted chickpeas**

1 1/2 cup (170g)

1. The recipe has no instructions.

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## Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

**Grapefruit**

1 large (approx 4-1/2" dia) (332g)

For all 3 meals:

**Grapefruit**

3 large (approx 4-1/2" dia) (996g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

## Dinner 1 ↗

Eat on day 1

### Fruit juice

2 3/4 cup(s) - 315 cals ● 5g protein ● 1g fat ● 70g carbs ● 1g fiber

Makes 2 3/4 cup(s)



**fruit juice**  
22 fl oz (660mL)

1. The recipe has no instructions.

### Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber

Makes 6 cherry tomatoes



**tomatoes**  
6 cherry tomatoes (102g)

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

### Spaghetti and meatless meatballs

332 cals ● 16g protein ● 5g fat ● 50g carbs ● 5g fiber



**pasta sauce**  
1/8 jar (24 oz) (84g)  
**uncooked dry pasta**  
2 oz (57g)  
**vegan meatballs, frozen**  
1 1/2 meatball(s) (45g)

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

## Dinner 2 ↗

Eat on day 2 and day 3

### Roasted almonds

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



For single meal:

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

For all 2 meals:

**almonds**  
1/2 cup, whole (72g)

1. The recipe has no instructions.

### Chunky canned soup (non-creamy)

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



For single meal:

**chunky canned soup (non-creamy varieties)**  
1 can (~19 oz) (526g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

### Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**nutritional yeast**  
1 tsp (1g)  
**salad dressing**  
1 tbsp (15mL)  
**fresh spinach**  
2 cup(s) (60g)  
**seitan, crumbled or sliced**  
3 oz (85g)  
**tomatoes, halved**  
6 cherry tomatoes (102g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

For all 2 meals:

**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.

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## Dinner 3 ↗

Eat on day 4

### Vegan meatball sub

1 1/2 sub(s) - 702 cals ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



Makes 1 1/2 sub(s)

**sub roll(s)**  
1 1/2 roll(s) (128g)  
**nutritional yeast**  
1/2 tbsp (2g)  
**pasta sauce**  
6 tbsp (98g)  
**vegan meatballs, frozen**  
6 meatball(s) (180g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

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### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)  
**salad dressing**  
1 1/2 tbsp (23mL)

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

## Dinner 4 ↗

Eat on day 5 and day 6

### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

**salad dressing**  
3/4 tbsp (11mL)  
**carrots, sliced**  
1/4 medium (15g)  
**romaine lettuce, roughly chopped**  
1/2 hearts (250g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia)  
(62g)

For all 2 meals:

**salad dressing**  
1 1/2 tbsp (23mL)  
**carrots, sliced**  
1/2 medium (31g)  
**romaine lettuce, roughly chopped**  
1 hearts (500g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)

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

### Soy milk

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



For single meal:

**soy milk, unsweetened**  
2 cup(s) (mL)

For all 2 meals:

**soy milk, unsweetened**  
4 cup(s) (mL)

1. The recipe has no instructions.

### Baked tofu

20 oz - 566 cals ● 55g protein ● 29g fat ● 14g carbs ● 7g fiber



For single meal:

**soy sauce**  
10 tbsp (150mL)  
**sesame seeds**  
1 1/4 tbsp (11g)  
**extra firm tofu**  
1 1/4 lbs (567g)  
**fresh ginger, peeled and grated**  
1 1/4 slices (1" dia) (3g)

For all 2 meals:

**soy sauce**  
1 1/4 cup (300mL)  
**sesame seeds**  
2 1/2 tbsp (23g)  
**extra firm tofu**  
2 1/2 lbs (1134g)  
**fresh ginger, peeled and grated**  
2 1/2 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.

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## Dinner 5

Eat on day 7

### Simple seitan

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



Makes 7 oz

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

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.

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### 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.

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### Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



**onion**  
1 1/4 tbsp minced (19g)  
**lime juice**  
1 1/4 tbsp (19mL)  
**olive oil**  
1 tsp (5mL)  
**garlic powder**  
1/3 tsp (1g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**avocados, cubed**  
5/8 avocado(s) (126g)  
**tomatoes, diced**  
5/8 medium whole (2-3/5" dia) (77g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

## 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.