

# Meal Plan - 2900 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

2871 cals ● 183g protein (25%) ● 109g fat (34%) ● 250g carbs (35%) ● 41g fiber (6%)

### Breakfast

420 cals, 15g protein, 35g net carbs, 22g fat



**Instant oatmeal with almond milk**  
1 packet(s)- 241 cals



**Sunflower seeds**  
180 cals

### Snacks

390 cals, 17g protein, 17g net carbs, 26g fat



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



**Pistachios**  
188 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

1075 cals, 46g protein, 147g net carbs, 26g fat



**Spaghetti and meatless meatballs**  
885 cals



**Simple mixed greens and tomato salad**  
189 cals

### Dinner

605 cals, 21g protein, 47g net carbs, 33g fat



**Simple mixed greens salad**  
170 cals



**Tofu marsala**  
434 cals

## Day 2

2894 cals ● 232g protein (32%) ● 81g fat (25%) ● 248g carbs (34%) ● 61g fiber (8%)

### Breakfast

420 cals, 15g protein, 35g net carbs, 22g fat



**Instant oatmeal with almond milk**  
1 packet(s)- 241 cals



**Sunflower seeds**  
180 cals

### Snacks

390 cals, 17g protein, 17g net carbs, 26g fat



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



**Pistachios**  
188 cals

### Lunch

845 cals, 49g protein, 98g net carbs, 12g fat



**Lentil pasta**  
673 cals



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

### Dinner

855 cals, 67g protein, 94g net carbs, 19g fat



**Simple mixed greens salad**  
68 cals



**Teriyaki seitan with veggies and rice**  
789 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

## Day 3

2843 cals ● 230g protein (32%) ● 70g fat (22%) ● 247g carbs (35%) ● 77g fiber (11%)

### Breakfast

440 cals, 11g protein, 41g net carbs, 18g fat



**Avocado toast**  
2 slice(s)- 336 cals



**Grapes**  
102 cals

### Lunch

845 cals, 49g protein, 98g net carbs, 12g fat



**Lentil pasta**  
673 cals



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

### Snacks

325 cals, 18g protein, 10g net carbs, 19g fat



**Protein shake (almond milk)**  
105 cals



**Avocado**  
176 cals



**Cherry tomatoes**  
12 cherry tomatoes- 42 cals

### Dinner

855 cals, 67g protein, 94g net carbs, 19g fat



**Simple mixed greens salad**  
68 cals



**Teriyaki seitan with veggies and rice**  
789 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

## Day 4

2881 cals ● 268g protein (37%) ● 99g fat (31%) ● 189g carbs (26%) ● 40g fiber (6%)

### Breakfast

440 cals, 11g protein, 41g net carbs, 18g fat



#### Avocado toast

2 slice(s)- 336 cals



#### Grapes

102 cals

### Lunch

845 cals, 57g protein, 78g net carbs, 30g fat



#### Simple salad with celery, cucumber & tomato

85 cals



#### Crispy chick'n tenders

9 tender(s)- 514 cals



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

1 can(s)- 247 cals

### Snacks

325 cals, 18g protein, 10g net carbs, 19g fat



#### Protein shake (almond milk)

105 cals



#### Avocado

176 cals



#### Cherry tomatoes

12 cherry tomatoes- 42 cals

### Dinner

890 cals, 97g protein, 57g net carbs, 30g fat



#### Teriyaki seitan wings

12 oz seitan- 892 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



#### Protein shake

3 1/2 scoop- 382 cals

## Day 5

2872 cals ● 210g protein (29%) ● 93g fat (29%) ● 230g carbs (32%) ● 69g fiber (10%)

### Breakfast

440 cals, 11g protein, 41g net carbs, 18g fat



#### Avocado toast

2 slice(s)- 336 cals



#### Grapes

102 cals

### Lunch

845 cals, 57g protein, 78g net carbs, 30g fat



#### Simple salad with celery, cucumber & tomato

85 cals



#### Crispy chick'n tenders

9 tender(s)- 514 cals



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

1 can(s)- 247 cals

### Snacks

325 cals, 18g protein, 10g net carbs, 19g fat



#### Protein shake (almond milk)

105 cals



#### Avocado

176 cals



#### Cherry tomatoes

12 cherry tomatoes- 42 cals

### Dinner

880 cals, 38g protein, 98g net carbs, 24g fat



#### Bbq cauliflower wings

535 cals



#### Roasted brussels sprouts

347 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



#### Protein shake

3 1/2 scoop- 382 cals

## Day 6

2927 cals ● 186g protein (25%) ● 119g fat (37%) ● 232g carbs (32%) ● 45g fiber (6%)

### Breakfast

505 cals, 16g protein, 80g net carbs, 10g fat



**Large granola bar**  
1 bar(s)- 176 cals



**Cherry tomatoes**  
12 cherry tomatoes- 42 cals



**Small toasted bagel with 'butter'**  
1 1/2 bagel(s)- 286 cals

### Snacks

345 cals, 11g protein, 18g net carbs, 25g fat



**Rice cakes with peanut butter**  
1 cake(s)- 240 cals



**Roasted cashews**  
1/8 cup(s)- 104 cals

### Lunch

865 cals, 52g protein, 87g net carbs, 28g fat



**Simple mixed greens and tomato salad**  
76 cals



**Protein bar**  
2 bar- 490 cals



**Grilled 'cheese' with mushrooms**  
302 cals

### Dinner

830 cals, 23g protein, 45g net carbs, 54g fat



**Chickpea & kale soup**  
273 cals



**Pecans**  
1/2 cup- 366 cals



**Almond yogurt**  
1 container(s)- 191 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

## Day 7

2927 cals ● 186g protein (25%) ● 119g fat (37%) ● 232g carbs (32%) ● 45g fiber (6%)

### Breakfast

505 cals, 16g protein, 80g net carbs, 10g fat



**Large granola bar**  
1 bar(s)- 176 cals



**Cherry tomatoes**  
12 cherry tomatoes- 42 cals



**Small toasted bagel with 'butter'**  
1 1/2 bagel(s)- 286 cals

### Snacks

345 cals, 11g protein, 18g net carbs, 25g fat



**Rice cakes with peanut butter**  
1 cake(s)- 240 cals



**Roasted cashews**  
1/8 cup(s)- 104 cals

### Lunch

865 cals, 52g protein, 87g net carbs, 28g fat



**Simple mixed greens and tomato salad**  
76 cals



**Protein bar**  
2 bar- 490 cals



**Grilled 'cheese' with mushrooms**  
302 cals

### Dinner

830 cals, 23g protein, 45g net carbs, 54g fat



**Chickpea & kale soup**  
273 cals



**Pecans**  
1/2 cup- 366 cals



**Almond yogurt**  
1 container(s)- 191 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

# Grocery List



## Soups, Sauces, and Gravies

- pasta sauce**  
1 jar (24 oz) (672g)
- vegetable broth**  
4 1/2 cup(s) (mL)
- chunky canned soup (non-creamy varieties)**  
2 can (~19 oz) (1052g)
- barbecue sauce**  
1/2 cup (143g)

## Cereal Grains and Pasta

- uncooked dry pasta**  
1/3 lbs (152g)
- cornstarch**  
1 tsp (3g)
- long-grain white rice**  
9 1/4 tbsp (108g)
- seitan**  
26 oz (737g)

## Other

- vegan meatballs, frozen**  
4 meatball(s) (120g)
- mixed greens**  
4 1/2 package (5.5 oz) (715g)
- vegan butter**  
2 1/2 tbsp (35g)
- lentil pasta**  
2/3 lbs (302g)
- teriyaki sauce**  
1/2 lbs (183mL)
- meatless chik'n tenders**  
18 pieces (459g)
- nutritional yeast**  
1/2 cup (30g)
- almond yogurt, flavored**  
2 container (300g)
- protein bar (20g protein)**  
4 bar (200g)
- vegan cheese, sliced**  
2 slice(s) (40g)

## Vegetables and Vegetable Products

- tomatoes**  
11 2/3 medium whole (2-3/5" dia) (1434g)
- potatoes**  
5 oz (142g)

## Fats and Oils

- salad dressing**  
1 1/4 cup (293mL)
- oil**  
2 oz (60mL)
- olive oil**  
2 1/2 tbsp (38mL)

## Snacks

- high-protein granola bar**  
2 bar (80g)
- rice cakes, any flavor**  
2 cakes (18g)
- large granola bar**  
2 bar (74g)

## Nut and Seed Products

- pistachios, shelled**  
1/2 cup (62g)
- sunflower kernels**  
2 oz (57g)
- roasted cashews**  
4 tbsp (34g)
- pecans**  
1 cup, halves (99g)

## Spices and Herbs

- balsamic vinegar**  
1/2 tbsp (8mL)
- salt**  
1 tsp (5g)
- black pepper**  
2 dash, ground (1g)
- thyme, dried**  
2 tsp, ground (3g)

## Legumes and Legume Products

- firm tofu**  
5 oz (142g)
- peanut butter**  
4 tbsp (64g)
- chickpeas, canned**  
1 can(s) (448g)

## Beverages

- mushrooms**  
5 oz (141g)
- shallots**  
1/2 shallot (57g)
- garlic**  
3 clove(s) (9g)
- raw celery**  
4 stalk, medium (7-1/2" - 8" long) (160g)
- cucumber**  
2 cucumber (8-1/4") (602g)
- frozen mixed veggies**  
1 1/6 package (10 oz ea) (336g)
- ketchup**  
1/4 cup (77g)
- cauliflower**  
2 head small (4" dia.) (530g)
- brussels sprouts**  
3/4 lbs (340g)
- kale leaves**  
2 cup, chopped (80g)

- almond milk, unsweetened**  
3 cup (720mL)
- protein powder**  
26 scoop (1/3 cup ea) (806g)
- water**  
24 1/2 cup(s) (5807mL)

## **Breakfast Cereals**

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

## **Baked Products**

- bread**  
2/3 lbs (320g)
- bagel**  
3 small bagel (3" dia) (207g)

## **Fruits and Fruit Juices**

- avocados**  
3 avocado(s) (603g)
- grapes**  
5 1/4 cup (483g)
- lemon juice**  
1/2 tbsp (8mL)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Instant oatmeal with almond milk

1 packet(s) - 241 cals ● 7g protein ● 8g fat ● 33g carbs ● 4g fiber



For single meal:

**almond milk, unsweetened**  
3/4 cup (180mL)  
**flavored instant oatmeal**  
1 packet (43g)

For all 2 meals:

**almond milk, unsweetened**  
1 1/2 cup (360mL)  
**flavored instant oatmeal**  
2 packet (86g)

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

### Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
1 oz (28g)

For all 2 meals:

**sunflower kernels**  
2 oz (57g)

1. The recipe has no instructions.

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### Avocado toast

2 slice(s) - 336 cals ● 10g protein ● 17g fat ● 25g carbs ● 11g fiber



For single meal:

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

For all 3 meals:

**bread**  
6 slice (192g)  
**avocados, ripe, sliced**  
1 1/2 avocado(s) (302g)

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

### Grapes

102 cals ● 1g protein ● 1g fat ● 16g carbs ● 6g fiber



For single meal:

**grapes**  
1 3/4 cup (161g)

For all 3 meals:

**grapes**  
5 1/4 cup (483g)

1. The recipe has no instructions.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

**large granola bar**  
1 bar (37g)

For all 2 meals:

**large granola bar**  
2 bar (74g)

1. The recipe has no instructions.

### Cherry tomatoes

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



For single meal:

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

For all 2 meals:

**tomatoes**  
24 cherry tomatoes (408g)

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

### Small toasted bagel with 'butter'

1 1/2 bagel(s) - 286 cals ● 11g protein ● 3g fat ● 53g carbs ● 2g fiber



For single meal:

**bagel**  
1 1/2 small bagel (3" dia) (104g)  
**vegan butter**  
3/4 tbsp (11g)

For all 2 meals:

**bagel**  
3 small bagel (3" dia) (207g)  
**vegan butter**  
1 1/2 tbsp (21g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

## Lunch 1 ↗

Eat on day 1

### Spaghetti and meatless meatballs

885 cals ● 42g protein ● 14g fat ● 134g carbs ● 14g fiber



**pasta sauce**  
1/3 jar (24 oz) (224g)  
**uncooked dry pasta**  
1/3 lbs (152g)  
**vegan meatballs, frozen**  
4 meatball(s) (120g)

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

### Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



**mixed greens**  
3 3/4 cup (113g)  
**tomatoes**  
10 tbsp cherry tomatoes (93g)  
**salad dressing**  
1/4 cup (56mL)

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

## Lunch 2 ↗

Eat on day 2 and day 3

### Lentil pasta

673 cals ● 43g protein ● 5g fat ● 81g carbs ● 32g fiber



For single meal:

**pasta sauce**  
1/3 jar (24 oz) (224g)  
**lentil pasta**  
1/3 lbs (151g)

For all 2 meals:

**pasta sauce**  
2/3 jar (24 oz) (448g)  
**lentil pasta**  
2/3 lbs (302g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

### Simple salad with celery, cucumber & tomato

171 cals ● 6g protein ● 6g fat ● 17g carbs ● 5g fiber



For single meal:

**salad dressing**  
2 tbsp (30mL)  
**raw celery, chopped**  
1 1/3 stalk, medium (7-1/2" - 8" long) (53g)  
**mixed greens**  
2/3 package (5.5 oz) (103g)  
**cucumber, sliced**  
2/3 cucumber (8-1/4") (201g)  
**tomatoes, diced**  
2/3 medium whole (2-3/5" dia) (82g)

For all 2 meals:

**salad dressing**  
4 tbsp (60mL)  
**raw celery, chopped**  
2 2/3 stalk, medium (7-1/2" - 8" long) (107g)  
**mixed greens**  
1 1/3 package (5.5 oz) (207g)  
**cucumber, sliced**  
1 1/3 cucumber (8-1/4") (401g)  
**tomatoes, diced**  
1 1/3 medium whole (2-3/5" dia) (164g)

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

## Lunch 3

Eat on day 4 and day 5

### Simple salad with celery, cucumber & tomato

85 cals ● 3g protein ● 3g fat ● 9g carbs ● 3g fiber



For single meal:

**salad dressing**  
3 tsp (15mL)  
**raw celery, chopped**  
2/3 stalk, medium (7-1/2" - 8" long) (27g)  
**mixed greens**  
1/3 package (5.5 oz) (52g)  
**cucumber, sliced**  
1/3 cucumber (8-1/4") (100g)  
**tomatoes, diced**  
1/3 medium whole (2-3/5" dia) (41g)

For all 2 meals:

**salad dressing**  
2 tbsp (30mL)  
**raw celery, chopped**  
1 1/3 stalk, medium (7-1/2" - 8" long) (53g)  
**mixed greens**  
2/3 package (5.5 oz) (103g)  
**cucumber, sliced**  
2/3 cucumber (8-1/4") (201g)  
**tomatoes, diced**  
2/3 medium whole (2-3/5" dia) (82g)

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

### Crispy chik'n tenders

9 tender(s) - 514 cals ● 36g protein ● 20g fat ● 46g carbs ● 0g fiber



For single meal:

**meatless chick'n tenders**  
9 pieces (230g)  
**ketchup**  
2 1/4 tbsp (38g)

For all 2 meals:

**meatless chick'n tenders**  
18 pieces (459g)  
**ketchup**  
1/4 cup (77g)

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

### 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.

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## Lunch 4 ↗

Eat on day 6 and day 7

### Simple mixed greens and tomato salad

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



For single meal:

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

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**tomatoes**  
1/2 cup cherry tomatoes (75g)  
**salad dressing**  
3 tbsp (45mL)

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

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### Protein bar

2 bar - 490 cals ● 40g protein ● 10g fat ● 52g carbs ● 8g fiber



For single meal:

**protein bar (20g protein)**  
2 bar (100g)

For all 2 meals:

**protein bar (20g protein)**  
4 bar (200g)

1. The recipe has no instructions.

## Grilled 'cheese' with mushrooms

302 cals ● 10g protein ● 14g fat ● 30g carbs ● 5g fiber



For single meal:

**bread**  
2 slice(s) (64g)  
**thyme, dried**  
1 tsp, ground (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**mushrooms**  
1/2 cup, chopped (35g)  
**vegan cheese, sliced**  
1 slice(s) (20g)

For all 2 meals:

**bread**  
4 slice(s) (128g)  
**thyme, dried**  
2 tsp, ground (3g)  
**olive oil**  
1 tbsp (15mL)  
**mushrooms**  
1 cup, chopped (70g)  
**vegan cheese, sliced**  
2 slice(s) (40g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

## Snacks 1 ↗

Eat on day 1 and day 2

### 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.

### 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.

## Snacks 2 ↗

Eat on day 3, day 4, and day 5

### Protein shake (almond milk)

105 cals ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

**almond milk, unsweetened**  
1/2 cup (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

**almond milk, unsweetened**  
1 1/2 cup (360mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

1. Mix until well-combined.
2. 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.

### Cherry tomatoes

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



For single meal:

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

For all 3 meals:

**tomatoes**  
36 cherry tomatoes (612g)

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

## Snacks 3 ↗

Eat on day 6 and day 7

### Rice cakes with peanut butter

1 cake(s) - 240 cals ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

**peanut butter**  
2 tbsp (32g)  
**rice cakes, any flavor**  
1 cakes (9g)

For all 2 meals:

**peanut butter**  
4 tbsp (64g)  
**rice cakes, any flavor**  
2 cakes (18g)

1. Spread peanut butter over top of rice cake.

### 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.

## Dinner 1 ↗

Eat on day 1

### Simple mixed greens salad

170 cals ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



**mixed greens**  
3 3/4 cup (113g)  
**salad dressing**  
1/4 cup (56mL)

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

## Tofu marsala

434 cals ● 17g protein ● 21g fat ● 37g carbs ● 6g fiber



**vegan butter**  
1 tbsp (14g)  
**cornstarch**  
1 tsp (3g)  
**oil**  
1 tbsp (15mL)  
**balsamic vinegar**  
1/2 tbsp (8mL)  
**potatoes, peeled & quartered**  
5 oz (142g)  
**vegetable broth, hot**  
1/2 cup(s) (mL)  
**mushrooms, sliced**  
2 1/2 oz (71g)  
**shallots, minced**  
1/2 shallot (57g)  
**garlic, minced**  
1 clove(s) (3g)  
**firm tofu, patted dry & cubed**  
5 oz (142g)

1. Add potatoes to a large pot and cover with water. Bring to a simmer and cook for 10-15 minutes or until potatoes are fork-tender. Drain and return potatoes to the pot. Add butter and some salt and pepper. Mash with a fork until smooth. Set mashed potatoes aside.
2. In a small bowl, mix the hot broth with the cornstarch and some salt. Stir until incorporated. Set broth mixture aside.
3. Heat just half of the oil in a skillet over medium-high heat. Add the tofu and some salt and pepper. Cook, stirring occasionally until crisp, 4-6 minutes. Transfer tofu to a plate.
4. Heat remaining oil in the same skillet. Add mushrooms and shallot and cook 3-5 until mushrooms begin to brown. Add garlic and cook another minute until fragrant.
5. Add broth and balsamic vinegar. Bring to a simmer and cook until thickened, about 3-5 minutes.
6. Return tofu to the skillet and bring to a simmer. Season to taste with some salt and pepper.
7. Serve tofu marsala with mashed potatoes.

## Dinner 2 ↗

Eat on day 2 and day 3

### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

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

### Teriyaki seitan with veggies and rice

789 cals ● 65g protein ● 15g fat ● 90g carbs ● 9g fiber



For single meal:

**oil**  
1 3/4 tsp (9mL)  
**teriyaki sauce**  
3 tbsp (47mL)  
**frozen mixed veggies**  
5/8 package (10 oz ea) (168g)  
**long-grain white rice**  
1/4 cup (54g)  
**seitan, cut into strips**  
7 oz (198g)

For all 2 meals:

**oil**  
3 1/2 tsp (17mL)  
**teriyaki sauce**  
6 1/4 tbsp (93mL)  
**frozen mixed veggies**  
1 1/6 package (10 oz ea) (336g)  
**long-grain white rice**  
9 1/3 tbsp (108g)  
**seitan, cut into strips**  
14 oz (397g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

## Dinner 3 ↗

Eat on day 4

### Teriyaki seitan wings

12 oz seitan - 892 cals ● 97g protein ● 30g fat ● 57g carbs ● 2g fiber



Makes 12 oz seitan

**seitan**  
3/4 lbs (340g)  
**oil**  
1 1/2 tbsp (23mL)  
**teriyaki sauce**  
6 tbsp (90mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

## Dinner 4 ↗

Eat on day 5

### Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



**barbecue sauce**  
1/2 cup (143g)  
**salt**  
4 dash (3g)  
**nutritional yeast**  
1/2 cup (30g)  
**cauliflower**  
2 head small (4" dia.) (530g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbecue sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbecue sauce. Serve.

### Roasted brussels sprouts

347 cals ● 10g protein ● 20g fat ● 18g carbs ● 13g fiber



**salt**  
3 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**brussels sprouts**  
3/4 lbs (340g)  
**olive oil**  
1 1/2 tbsp (23mL)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

## Dinner 5

Eat on day 6 and day 7

### Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



For single meal:

**vegetable broth**  
2 cup(s) (mL)  
**oil**  
1/2 tsp (3mL)  
**kale leaves, chopped**  
1 cup, chopped (40g)  
**garlic, minced**  
1 clove(s) (3g)  
**chickpeas, canned, drained**  
1/2 can(s) (224g)

For all 2 meals:

**vegetable broth**  
4 cup(s) (mL)  
**oil**  
1 tsp (5mL)  
**kale leaves, chopped**  
2 cup, chopped (80g)  
**garlic, minced**  
2 clove(s) (6g)  
**chickpeas, canned, drained**  
1 can(s) (448g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

### Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



For single meal:

**pecans**

1/2 cup, halves (50g)

For all 2 meals:

**pecans**

1 cup, halves (99g)

1. The recipe has no instructions.

## Almond yogurt

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



For single meal:

**almond yogurt, flavored**

1 container (150g)

For all 2 meals:

**almond yogurt, flavored**

2 container (300g)

1. The recipe has no instructions.

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

3 1/2 scoop - 382 cals ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

**protein powder**

3 1/2 scoop (1/3 cup ea) (109g)

**water**

3 1/2 cup(s) (830mL)

For all 7 meals:

**protein powder**

24 1/2 scoop (1/3 cup ea) (760g)

**water**

24 1/2 cup(s) (5807mL)

1. The recipe has no instructions.