

Meal Plan - 3100 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

3102 cals ● 244g protein (31%) ● 86g fat (25%) ● 285g carbs (37%) ● 52g fiber (7%)

Breakfast

575 cals, 61g protein, 23g net carbs, 25g fat



Apple & peanut butter

1/2 apple(s)- 155 cals



Protein shake (almond milk)

420 cals

Snacks

400 cals, 11g protein, 76g net carbs, 3g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Pretzels

358 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

720 cals, 31g protein, 73g net carbs, 25g fat



Tomato cucumber salad

282 cals



Bean & tofu goulash

437 cals

Dinner

1025 cals, 57g protein, 109g net carbs, 32g fat



Tossed salad

242 cals



Seitan philly vegan cheesesteak

1 1/2 sub(s)- 783 cals

Day 2

3029 cals ● 244g protein (32%) ● 90g fat (27%) ● 255g carbs (34%) ● 55g fiber (7%)

Breakfast

575 cals, 61g protein, 23g net carbs, 25g fat



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



Protein shake (almond milk)
420 cals

Snacks

400 cals, 11g protein, 76g net carbs, 3g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Pretzels
358 cals

Lunch

720 cals, 31g protein, 73g net carbs, 25g fat



Tomato cucumber salad
282 cals



Bean & tofu goulash
437 cals

Dinner

955 cals, 57g protein, 79g net carbs, 35g fat



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



Simple salad with tomatoes and carrots
343 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Day 3

3120 cals ● 224g protein (29%) ● 120g fat (35%) ● 217g carbs (28%) ● 69g fiber (9%)

Breakfast

520 cals, 20g protein, 46g net carbs, 24g fat



Smoky tofu with sweet potato hash
413 cals



Apple
1 apple(s)- 105 cals

Lunch

915 cals, 54g protein, 75g net carbs, 32g fat



Vegan chili con 'carne'
727 cals



Simple mixed greens and tomato salad
189 cals

Dinner

955 cals, 57g protein, 79g net carbs, 35g fat



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



Simple salad with tomatoes and carrots
343 cals

Snacks

350 cals, 10g protein, 13g net carbs, 27g fat



Walnuts
3/8 cup(s)- 291 cals



Cucumber slices
1 cucumber- 60 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Day 4

3063 cals ● 253g protein (33%) ● 120g fat (35%) ● 187g carbs (24%) ● 54g fiber (7%)

Breakfast

520 cals, 20g protein, 46g net carbs, 24g fat



Smoky tofu with sweet potato hash
413 cals



Apple
1 apple(s)- 105 cals

Snacks

350 cals, 10g protein, 13g net carbs, 27g fat



Walnuts
3/8 cup(s)- 291 cals



Cucumber slices
1 cucumber- 60 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

915 cals, 54g protein, 75g net carbs, 32g fat



Vegan chili con 'carne'
727 cals



Simple mixed greens and tomato salad
189 cals

Dinner

895 cals, 86g protein, 50g net carbs, 36g fat



Vegan sausage
3 sausage(s)- 804 cals



Mashed sweet potatoes
92 cals

Day 5

3122 cals ● 234g protein (30%) ● 126g fat (36%) ● 194g carbs (25%) ● 68g fiber (9%)

Breakfast

520 cals, 20g protein, 46g net carbs, 24g fat



Smoky tofu with sweet potato hash
413 cals



Apple
1 apple(s)- 105 cals

Snacks

350 cals, 10g protein, 13g net carbs, 27g fat



Walnuts
3/8 cup(s)- 291 cals



Cucumber slices
1 cucumber- 60 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

940 cals, 66g protein, 57g net carbs, 39g fat



Roasted tofu & veggies
616 cals



Lentils
174 cals



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

Dinner

930 cals, 54g protein, 74g net carbs, 35g fat



Basic tempeh
8 oz- 590 cals



Mashed sweet potatoes
275 cals



Simple mixed greens salad
68 cals

Day 6

3105 cals ● 258g protein (33%) ● 114g fat (33%) ● 197g carbs (25%) ● 64g fiber (8%)

Breakfast

520 cals, 60g protein, 12g net carbs, 23g fat



Double chocolate almond milk protein shake
335 cals



Pistachios
188 cals

Snacks

325 cals, 10g protein, 34g net carbs, 10g fat



Pear
1 pear(s)- 113 cals



Bell pepper strips and hummus
213 cals

Lunch

940 cals, 66g protein, 57g net carbs, 39g fat



Roasted tofu & veggies
616 cals



Lentils
174 cals



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

Dinner

940 cals, 38g protein, 91g net carbs, 40g fat



Couscous
402 cals



Basic tofu
6 oz- 257 cals



Olive oil drizzled broccoli
4 cup(s)- 279 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Day 7

3098 cals ● 276g protein (36%) ● 123g fat (36%) ● 168g carbs (22%) ● 53g fiber (7%)

Breakfast

520 cals, 60g protein, 12g net carbs, 23g fat



Double chocolate almond milk protein shake
335 cals



Pistachios
188 cals

Snacks

325 cals, 10g protein, 34g net carbs, 10g fat



Pear
1 pear(s)- 113 cals



Bell pepper strips and hummus
213 cals

Lunch

930 cals, 84g protein, 28g net carbs, 48g fat



Tomato cucumber salad
71 cals



Soy milk
1 1/4 cup(s)- 106 cals



Baked tofu
26 2/3 oz- 754 cals

Dinner

940 cals, 38g protein, 91g net carbs, 40g fat



Couscous
402 cals



Basic tofu
6 oz- 257 cals



Olive oil drizzled broccoli
4 cup(s)- 279 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Grocery List



Beverages

- protein powder
28 1/2 scoop (1/3 cup ea) (884g)
- water
31 cup(s) (7347mL)
- almond milk, unsweetened
6 cup (1440mL)

Vegetables and Vegetable Products

- tomatoes
13 1/2 medium whole (2-3/5" dia) (1669g)
- red onion
2 1/2 medium (2-1/2" dia) (290g)
- cucumber
5 1/2 cucumber (8-1/4") (1656g)
- onion
2 3/4 medium (2-1/2" dia) (307g)
- garlic
3 1/2 clove(s) (10g)
- romaine lettuce
4 1/2 hearts (2250g)
- carrots
6 medium (370g)
- bell pepper
4 1/4 large (690g)
- ketchup
1/3 cup (91g)
- canned stewed tomatoes
5/6 can (~14.5 oz) (337g)
- sweet potatoes
3 1/2 sweetpotato, 5" long (735g)
- brussels sprouts
9 1/4 oz (265g)
- broccoli
56 tsp chopped (106g)
- frozen broccoli
8 cup (728g)
- fresh ginger
1 2/3 slices (1" dia) (4g)

Snacks

- pretzels, hard, salted
6 1/2 oz (184g)

Fats and Oils

- salad dressing
13 oz (379mL)

Fruits and Fruit Juices

- apples
4 medium (3" dia) (728g)
- pears
2 medium (356g)

Other

- vegan cheese, sliced
1 1/2 slice(s) (30g)
- sub roll(s)
1 1/2 roll(s) (128g)
- meatless chik'n tenders
21 1/3 pieces (544g)
- mixed greens
9 cup (270g)
- nutritional yeast
3 tbsp (11g)
- smoked paprika
3 tsp (7g)
- vegan sausage
3 sausage (300g)
- soy milk, unsweetened
4 3/4 cup(s) (mL)
- protein powder, chocolate
4 scoop (1/3 cup ea) (124g)

Cereal Grains and Pasta

- seitan
1/4 lbs (128g)
- instant couscous, flavored
1 1/3 box (5.8 oz) (219g)

Soups, Sauces, and Gravies

- vegetable broth
5/6 cup(s) (mL)

Nut and Seed Products

- walnuts
1 1/4 cup, shelled (125g)
- pistachios, shelled
1/2 cup (62g)
- sesame seeds
5 tsp (15g)

Sweets

- oil**
1/3 lbs (145mL)
- olive oil**
2 1/2 oz (75mL)

- cocoa powder**
4 tsp (7g)

Spices and Herbs

- paprika**
1 tbsp (7g)
- fresh thyme**
4 dash (0g)
- ground cumin**
1/4 tbsp (2g)
- chili powder**
1/4 tbsp (2g)
- salt**
1/3 oz (9g)
- black pepper**
3 g (3g)

Legumes and Legume Products

- white beans, canned**
1 can(s) (439g)
- firm tofu**
2 1/2 lbs (1134g)
- peanut butter**
2 tbsp (32g)
- lentils, raw**
1 cup (176g)
- vegetarian burger crumbles**
5/6 package (12 oz) (283g)
- kidney beans**
5/6 can (373g)
- extra firm tofu**
3 1/3 lbs (1512g)
- tempeh**
1/2 lbs (227g)
- hummus**
13 1/4 tbsp (203g)
- soy sauce**
13 1/4 tbsp (199mL)

Breakfast 1 ↗

Eat on day 1 and day 2

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 2 meals:

apples
1 medium (3" dia) (182g)
peanut butter
2 tbsp (32g)

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

Protein shake (almond milk)

420 cals ● 57g protein ● 16g fat ● 10g carbs ● 2g fiber



For single meal:

almond milk, unsweetened
2 cup (480mL)
protein powder
2 scoop (1/3 cup ea) (62g)

For all 2 meals:

almond milk, unsweetened
4 cup (960mL)
protein powder
4 scoop (1/3 cup ea) (124g)

1. Mix until well-combined.
2. Serve.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

Smoky tofu with sweet potato hash

413 cals ● 20g protein ● 23g fat ● 26g carbs ● 6g fiber



For single meal:

nutritional yeast
1 tbsp (4g)
smoked paprika
1 tsp (2g)
oil
1 tbsp (15mL)
water
1/6 cup(s) (39mL)
firm tofu, patted dry
1/2 lbs (198g)
sweet potatoes, cubed
1/2 sweetpotato, 5" long (105g)
red onion, sliced
1/2 small (35g)

For all 3 meals:

nutritional yeast
3 tbsp (11g)
smoked paprika
3 tsp (7g)
oil
3 tbsp (45mL)
water
1/2 cup(s) (118mL)
firm tofu, patted dry
1 1/3 lbs (595g)
sweet potatoes, cubed
1 1/2 sweetpotato, 5" long (315g)
red onion, sliced
1 1/2 small (105g)

1. Heat only half of the oil in a skillet over medium heat. Add cubed sweet potato and cook until lightly browned, about 4-5 minutes.
2. Add water and cover to steam until sweet potatoes are easily pierced with a fork, 3-5 minutes.
3. Add in sliced onion and some salt and pepper. Cook until onions have softened, about 6-8 minutes. Transfer hash to a plate and wipe skillet clean.
4. Heat remaining oil to a skillet over medium heat and crumble tofu into the skillet. Stir in nutritional yeast, smoked paprika, and some salt and pepper. Cook until tofu starts to become a little crispy.
5. Plate tofu with sweet potato hash and serve.

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.

Breakfast 3 ↗

Eat on day 6 and day 7

Double chocolate almond milk protein shake

335 cals ● 53g protein ● 9g fat ● 7g carbs ● 3g fiber



For single meal:

water
2 cup(s) (474mL)
almond milk, unsweetened
1 cup (240mL)
cocoa powder
2 tsp (4g)
protein powder, chocolate
2 scoop (1/3 cup ea) (62g)

For all 2 meals:

water
4 cup(s) (948mL)
almond milk, unsweetened
2 cup (480mL)
cocoa powder
4 tsp (7g)
protein powder, chocolate
4 scoop (1/3 cup ea) (124g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

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.

Lunch 1 ↗

Eat on day 1 and day 2

Tomato cucumber salad

282 cals ● 6g protein ● 13g fat ● 30g carbs ● 6g fiber



For single meal:

salad dressing
4 tbsp (60mL)
red onion, thinly sliced
1 small (70g)
cucumber, thinly sliced
1 cucumber (8-1/4") (301g)
tomatoes, thinly sliced
2 medium whole (2-3/5" dia) (246g)

For all 2 meals:

salad dressing
1/2 cup (120mL)
red onion, thinly sliced
2 small (140g)
cucumber, thinly sliced
2 cucumber (8-1/4") (602g)
tomatoes, thinly sliced
4 medium whole (2-3/5" dia) (492g)

1. Mix ingredients together in a bowl and serve.

Bean & tofu goulash

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



For single meal:

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

For all 2 meals:

oil
1 tbsp (15mL)
paprika
1 tbsp (7g)
fresh thyme
4 dash (0g)
white beans, canned, drained & rinsed
1 can(s) (439g)
onion, diced
1 medium (2-1/2" dia) (110g)
garlic, minced
1 clove (3g)
firm tofu, drained and diced
1/2 lbs (198g)

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

Lunch 2 ↗

Eat on day 3 and day 4

Vegan chili con 'carne'

727 cals ● 50g protein ● 20g fat ● 62g carbs ● 25g fiber



For single meal:

oil
2 1/2 tsp (13mL)
lentils, raw
1/4 cup (40g)
vegetarian burger crumbles
3/8 package (12 oz) (142g)
ground cumin
3 1/3 dash (1g)
chili powder
3 1/3 dash (1g)
vegetable broth
3/8 cup(s) (mL)
onion, chopped
3/8 medium (2-1/2" dia) (46g)
canned stewed tomatoes
3/8 can (~14.5 oz) (169g)
garlic, minced
1 1/4 clove(s) (4g)
kidney beans, drained and rinsed
3/8 can (187g)
bell pepper, chopped
5/6 medium (99g)

For all 2 meals:

oil
5 tsp (25mL)
lentils, raw
6 2/3 tbsp (80g)
vegetarian burger crumbles
5/6 package (12 oz) (283g)
ground cumin
1/4 tbsp (2g)
chili powder
1/4 tbsp (2g)
vegetable broth
5/6 cup(s) (mL)
onion, chopped
5/6 medium (2-1/2" dia) (92g)
canned stewed tomatoes
5/6 can (~14.5 oz) (337g)
garlic, minced
2 1/2 clove(s) (7g)
kidney beans, drained and rinsed
5/6 can (373g)
bell pepper, chopped
1 2/3 medium (198g)

1. Heat the oil in a large saucepan over medium heat.
2. Add the garlic, and chopped onion and peppers. Cook until soft.
3. Add in the cumin, chili powder, and salt and pepper to taste. Stir.
4. Add in the kidney beans, lentils, tomatoes, veggie crumbles, and the vegetable stock.
5. Bring to a simmer and cook for 25 minutes.

Simple mixed greens and tomato salad

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



For single meal:

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

For all 2 meals:

mixed greens
7 1/2 cup (225g)
tomatoes
1 1/4 cup cherry tomatoes (186g)
salad dressing
1/2 cup (113mL)

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

Lunch 3 ↗

Eat on day 5 and day 6

Roasted tofu & veggies

616 cals ● 42g protein ● 31g fat ● 28g carbs ● 15g fiber



For single meal:

salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
extra firm tofu
1 1/6 block (378g)
olive oil
3 1/2 tsp (17mL)
brussels sprouts, cut in half
1/4 lbs (132g)
onion, thickly sliced
1/4 medium (2-1/2" dia) (32g)
bell pepper, sliced
5/8 medium (69g)
broccoli, cut as desired
9 1/3 tbsp chopped (53g)
carrots, cut as desired
1 3/4 medium (107g)

For all 2 meals:

salt
1 tsp (7g)
black pepper
1 tsp, ground (3g)
extra firm tofu
2 1/3 block (756g)
olive oil
2 1/3 tbsp (35mL)
brussels sprouts, cut in half
9 1/3 oz (265g)
onion, thickly sliced
5/8 medium (2-1/2" dia) (64g)
bell pepper, sliced
1 1/6 medium (139g)
broccoli, cut as desired
56 tsp chopped (106g)
carrots, cut as desired
3 1/2 medium (213g)

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.

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

water
1 cup(s) (237mL)
salt
1/2 dash (0g)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:

water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

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.

Lunch 4 ↗

Eat on day 7

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



salad dressing
1 tbsp (15mL)
red onion, thinly sliced
1/4 small (18g)
cucumber, thinly sliced
1/4 cucumber (8-1/4") (75g)
tomatoes, thinly sliced
1/2 medium whole (2-3/5" dia) (62g)

1. Mix ingredients together in a bowl and serve.

Soy milk

1 1/4 cup(s) - 106 cals ● 9g protein ● 6g fat ● 3g carbs ● 3g fiber



Makes 1 1/4 cup(s)

soy milk, unsweetened

1 1/4 cup(s) (mL)

1. The recipe has no instructions.

Baked tofu

26 2/3 oz - 754 cals ● 74g protein ● 39g fat ● 18g carbs ● 9g fiber



Makes 26 2/3 oz

soy sauce

13 1/3 tbsp (200mL)

sesame seeds

5 tsp (15g)

extra firm tofu

1 2/3 lbs (756g)

fresh ginger, peeled and grated

1 2/3 slices (1" dia) (4g)

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.

Snacks 1 ↗

Eat on day 1 and day 2

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.

Pretzels

358 cals ● 9g protein ● 3g fat ● 71g carbs ● 3g fiber



For single meal:

pretzels, hard, salted

3 1/4 oz (92g)

For all 2 meals:

pretzels, hard, salted

6 1/2 oz (184g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Walnuts

3/8 cup(s) - 291 cals ● 6g protein ● 27g fat ● 3g carbs ● 3g fiber



For single meal:

walnuts
6 2/3 tbsp, shelled (42g)

For all 3 meals:

walnuts
1 1/4 cup, shelled (125g)

1. The recipe has no instructions.

Cucumber slices

1 cucumber - 60 cals ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:

cucumber
1 cucumber (8-1/4") (301g)

For all 3 meals:

cucumber
3 cucumber (8-1/4") (903g)

1. Slice cucumber into rounds and serve.

Snacks 3 ↗

Eat on day 6 and day 7

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears
1 medium (178g)

For all 2 meals:

pears
2 medium (356g)

1. The recipe has no instructions.

Bell pepper strips and hummus

213 cals ● 9g protein ● 10g fat ● 13g carbs ● 9g fiber



For single meal:

hummus
6 1/2 tbsp (101g)
bell pepper
1 1/4 medium (149g)

For all 2 meals:

hummus
13 tbsp (203g)
bell pepper
2 1/2 medium (298g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

Dinner 1 ↗

Eat on day 1

Tossed salad

242 cals ● 9g protein ● 8g fat ● 20g carbs ● 14g fiber



romaine lettuce, shredded

1 hearts (500g)

tomatoes, diced

1 small whole (2-2/5" dia) (91g)

salad dressing

2 tbsp (30mL)

red onion, sliced

1/4 medium (2-1/2" dia) (28g)

cucumber, sliced or diced

1/4 cucumber (8-1/4") (75g)

carrots, peeled and shredded or sliced

1 small (5-1/2" long) (50g)

1. Mix ingredients together in a bowl and serve.

2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Seitan philly vegan cheesesteak

1 1/2 sub(s) - 783 cals ● 48g protein ● 24g fat ● 89g carbs ● 5g fiber



Makes 1 1/2 sub(s)

vegan cheese, sliced

1 1/2 slice(s) (30g)

sub roll(s)

1 1/2 roll(s) (128g)

oil

3/4 tbsp (11mL)

bell pepper, sliced

3/4 small (56g)

onion, chopped

3/8 medium (2-1/2" dia) (41g)

seitan, cut into strips

1/4 lbs (128g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.

2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.

3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.

4. When the seitan is done, add the veggies back in and mix until well-combined.

5. Add the filling to the bun and serve!

Dinner 2 ↗

Eat on day 2 and day 3

Crispy chik'n tenders

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



For single meal:

meatless chik'n tenders
10 2/3 pieces (272g)
ketchup
2 2/3 tbsp (45g)

For all 2 meals:

meatless chik'n tenders
21 1/3 pieces (544g)
ketchup
1/3 cup (91g)

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

Simple salad with tomatoes and carrots

343 cals ● 13g protein ● 11g fat ● 25g carbs ● 22g fiber



For single meal:

salad dressing
2 1/2 tbsp (39mL)
carrots, sliced
7/8 medium (53g)
romaine lettuce, roughly chopped
1 3/4 hearts (875g)
tomatoes, diced
1 3/4 medium whole (2-3/5" dia)
(215g)

For all 2 meals:

salad dressing
1/3 cup (79mL)
carrots, sliced
1 3/4 medium (107g)
romaine lettuce, roughly chopped
3 1/2 hearts (1750g)
tomatoes, diced
3 1/2 medium whole (2-3/5" dia)
(431g)

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

Dinner 3 ↗

Eat on day 4

Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



Makes 3 sausage(s)

vegan sausage
3 sausage (300g)

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

Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



sweet potatoes
1/2 sweetpotato, 5" long (105g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Dinner 4 ↗

Eat on day 5

Basic tempeh

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



Makes 8 oz

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

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

Mashed sweet potatoes

275 cals ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



sweet potatoes
1 1/2 sweetpotato, 5" long (315g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Simple mixed greens salad

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



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

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

Dinner 5 ↗

Eat on day 6 and day 7

Couscous

402 cals ● 14g protein ● 1g fat ● 79g carbs ● 5g fiber



For single meal:

instant couscous, flavored
2/3 box (5.8 oz) (110g)

For all 2 meals:

instant couscous, flavored
1 1/3 box (5.8 oz) (219g)

1. Follow instructions on package.

Basic tofu

6 oz - 257 cals ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



For single meal:

oil
1 tbsp (15mL)
firm tofu
6 oz (170g)

For all 2 meals:

oil
2 tbsp (30mL)
firm tofu
3/4 lbs (340g)

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 broccoli

4 cup(s) - 279 cals ● 11g protein ● 18g fat ● 8g carbs ● 11g fiber



For single meal:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen broccoli
4 cup (364g)
olive oil
4 tsp (20mL)

For all 2 meals:

black pepper
4 dash (0g)
salt
4 dash (2g)
frozen broccoli
8 cup (728g)
olive oil
2 2/3 tbsp (40mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

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.