

Meal Plan - 3200 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

3067 cals ● 228g protein (30%) ● 139g fat (41%) ● 170g carbs (22%) ● 56g fiber (7%)

Breakfast

525 cals, 28g protein, 45g net carbs, 22g fat



Vegan breakfast sausage patties
2 patties- 166 cals



Almond yogurt
1 container(s)- 191 cals



Breakfast cereal with almond milk
169 cals

Snacks

370 cals, 12g protein, 42g net carbs, 14g fat



Fruit juice
1 cup(s)- 115 cals



Roasted almonds
1/8 cup(s)- 111 cals



Hummus toast
1 slice(s)- 146 cals

Lunch

685 cals, 40g protein, 38g net carbs, 34g fat



Simple mixed greens and tomato salad
189 cals



Cucumber slices
1 cucumber- 60 cals



Peanut tempeh
4 oz tempeh- 434 cals

Dinner

1105 cals, 63g protein, 42g net carbs, 67g fat



Mediterranean chick'n salad with lemon hummus dressing
1065 cals



Pita bread
1/2 pita bread(s)- 39 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Day 2

3240 cals ● 246g protein (30%) ● 120g fat (33%) ● 228g carbs (28%) ● 65g fiber (8%)

Breakfast

525 cals, 28g protein, 45g net carbs, 22g fat



Vegan breakfast sausage patties
2 patties- 166 cals



Almond yogurt
1 container(s)- 191 cals



Breakfast cereal with almond milk
169 cals

Snacks

370 cals, 12g protein, 42g net carbs, 14g fat



Fruit juice
1 cup(s)- 115 cals



Roasted almonds
1/8 cup(s)- 111 cals



Hummus toast
1 slice(s)- 146 cals

Lunch

1020 cals, 60g protein, 102g net carbs, 30g fat



Bbq tempeh wrap
2 wrap(s)- 944 cals



Simple mixed greens and tomato salad
76 cals

Dinner

940 cals, 61g protein, 36g net carbs, 53g fat



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



Seitan salad
718 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Day 3

3156 cals ● 242g protein (31%) ● 154g fat (44%) ● 153g carbs (19%) ● 48g fiber (6%)

Breakfast

485 cals, 16g protein, 33g net carbs, 29g fat



Pistachios
375 cals



Pretzels
110 cals

Lunch

980 cals, 63g protein, 46g net carbs, 55g fat



Tomato cucumber salad
282 cals



Chik'n satay with peanut sauce
6 skewers- 699 cals

Snacks

370 cals, 17g protein, 36g net carbs, 14g fat



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



Soy milk
1 1/2 cup(s)- 127 cals

Dinner

940 cals, 61g protein, 36g net carbs, 53g fat



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



Seitan salad
718 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Day 4

3154 cals ● 241g protein (31%) ● 102g fat (29%) ● 244g carbs (31%) ● 75g fiber (10%)

Breakfast

485 cals, 16g protein, 33g net carbs, 29g fat



Pistachios
375 cals



Pretzels
110 cals

Snacks

370 cals, 17g protein, 36g net carbs, 14g fat



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



Soy milk
1 1/2 cup(s)- 127 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

960 cals, 48g protein, 147g net carbs, 7g fat



Pita bread
2 pita bread(s)- 156 cals



Bbq cauliflower wings
803 cals

Dinner

960 cals, 75g protein, 25g net carbs, 50g fat



Baked tofu
21 1/3 oz- 603 cals



Garlic collard greens
358 cals

Day 5

3237 cals ● 228g protein (28%) ● 155g fat (43%) ● 161g carbs (20%) ● 70g fiber (9%)

Breakfast

600 cals, 26g protein, 48g net carbs, 29g fat



Orange
1 orange(s)- 85 cals



Smoky tofu with sweet potato hash
517 cals

Snacks

355 cals, 20g protein, 17g net carbs, 17g fat



Soy milk
1 1/2 cup(s)- 127 cals



Bell pepper strips and hummus
227 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

965 cals, 45g protein, 64g net carbs, 47g fat



Sesame orange tofu
10 1/2 oz tofu- 566 cals



Garlic collard greens
398 cals

Dinner

935 cals, 51g protein, 29g net carbs, 60g fat



Buffalo tempeh with vegan ranch
785 cals



Simple mixed greens and tomato salad
151 cals

Day 6

3227 cals ● 210g protein (26%) ● 143g fat (40%) ● 207g carbs (26%) ● 68g fiber (8%)

Breakfast

600 cals, 26g protein, 48g net carbs, 29g fat



Orange

1 orange(s)- 85 cals



Smoky tofu with sweet potato hash

517 cals

Snacks

355 cals, 20g protein, 17g net carbs, 17g fat



Soy milk

1 1/2 cup(s)- 127 cals



Bell pepper strips and hummus

227 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

965 cals, 45g protein, 64g net carbs, 47g fat



Sesame orange tofu

10 1/2 oz tofu- 566 cals



Garlic collard greens

398 cals

Dinner

925 cals, 34g protein, 75g net carbs, 47g fat



Fruit juice

1 2/3 cup(s)- 191 cals



Sesame peanut zoodles

735 cals

Day 7

3211 cals ● 201g protein (25%) ● 155g fat (43%) ● 199g carbs (25%) ● 54g fiber (7%)

Breakfast

600 cals, 26g protein, 48g net carbs, 29g fat



Orange

1 orange(s)- 85 cals



Smoky tofu with sweet potato hash

517 cals

Snacks

355 cals, 20g protein, 17g net carbs, 17g fat



Soy milk

1 1/2 cup(s)- 127 cals



Bell pepper strips and hummus

227 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

945 cals, 36g protein, 56g net carbs, 59g fat



Vegan grilled cheese

1 1/2 sandwich(es)- 496 cals



Sunflower seeds

451 cals

Dinner

925 cals, 34g protein, 75g net carbs, 47g fat



Fruit juice

1 2/3 cup(s)- 191 cals



Sesame peanut zoodles

735 cals

Grocery List



Other

- mixed greens**
10 1/2 cup (315g)
- nutritional yeast**
2 1/3 oz (66g)
- vegan breakfast sausage patties**
4 patties (152g)
- almond yogurt, flavored**
2 container (300g)
- vegan chik'n strips**
15 1/2 oz (439g)
- coleslaw mix**
4 1/2 cup (405g)
- sesame oil**
2 1/2 tbsp (38mL)
- skewer(s)**
6 skewer(s) (6g)
- soy milk, unsweetened**
7 1/2 cup(s) (mL)
- smoked paprika**
3 3/4 tsp (9g)
- sriracha chili sauce**
1 1/2 tbsp (23g)
- vegan ranch**
4 tbsp (60mL)
- vegan cheese, sliced**
3 slice(s) (60g)

Vegetables and Vegetable Products

- tomatoes**
8 medium whole (2-3/5" dia) (971g)
- cucumber**
2 cucumber (8-1/4") (602g)
- onion**
1/2 small (35g)
- bell pepper**
3 1/3 large (550g)
- fresh spinach**
8 cup(s) (240g)
- red onion**
3 small (201g)
- fresh ginger**
1/4 oz (8g)
- cauliflower**
3 head small (4" dia.) (795g)
- collard greens**
3 1/2 lbs (1644g)
- garlic**
14 clove(s) (42g)

Fruits and Fruit Juices

- lemon juice**
2 tbsp (30mL)
- black olives**
9 large olives (40g)
- fruit juice**
42 2/3 fl oz (1280mL)
- avocados**
1 avocado(s) (201g)
- lime juice**
4 tbsp (60mL)
- orange**
3 2/3 orange (567g)

Breakfast Cereals

- breakfast cereal**
2 serving (60g)
- flavored instant oatmeal**
2 packet (86g)

Beverages

- almond milk, unsweetened**
2 1/2 cup (600mL)
- protein powder**
24 1/2 scoop (1/3 cup ea) (760g)
- water**
25 cup(s) (5953mL)

Spices and Herbs

- paprika**
1/4 tbsp (2g)
- thyme, dried**
1/4 tbsp, leaves (1g)
- salt**
1/2 tbsp (10g)

Baked Products

- pita bread**
2 1/2 pita, small (4" dia) (70g)
- bread**
5 slice (160g)
- flour tortillas**
2 tortilla (approx 7-8" dia) (98g)

Nut and Seed Products

- sweet potatoes**
2 sweetpotato, 5" long (394g)
- green onions**
5 tbsp, sliced (40g)
- zucchini**
5 medium (980g)

Fats and Oils

- salad dressing**
1/2 lbs (244mL)
- oil**
6 2/3 oz (202mL)

Legumes and Legume Products

- tempeh**
1 1/4 lbs (567g)
- peanut butter**
1/2 lbs (224g)
- soy sauce**
3/4 lbs (285mL)
- hummus**
16 1/2 oz (467g)
- chickpeas, canned**
1/2 cup(s) (120g)
- extra firm tofu**
1 1/3 lbs (605g)
- firm tofu**
3 lbs (1340g)

- almonds**
3/4 cup, whole (107g)
- pistachios, shelled**
1 cup (123g)
- sesame seeds**
1 oz (29g)
- chia seeds**
2 1/2 tsp (12g)
- sunflower kernels**
2 1/2 oz (71g)

Soups, Sauces, and Gravies

- barbecue sauce**
8 fl oz (283g)
- Frank's Red Hot sauce**
4 tbsp (60mL)

Cereal Grains and Pasta

- seitan**
3/4 lbs (340g)
- cornstarch**
1/4 cup (36g)

Snacks

- pretzels, hard, salted**
2 oz (57g)

Sweets

- sugar**
3 tbsp (39g)

Breakfast 1 ↗

Eat on day 1 and day 2

Vegan breakfast sausage patties

2 patties - 166 cals ● 18g protein ● 6g fat ● 6g carbs ● 4g fiber



For single meal:

vegan breakfast sausage patties
2 patties (76g)

For all 2 meals:

vegan breakfast sausage patties
4 patties (152g)

1. Cook patties according to package instructions.
Serve.

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.

Breakfast cereal with almond milk

169 cals ● 5g protein ● 5g fat ● 24g carbs ● 3g fiber



For single meal:

breakfast cereal
1 serving (30g)
almond milk, unsweetened
1/2 cup (120mL)

For all 2 meals:

breakfast cereal
2 serving (60g)
almond milk, unsweetened
1 cup (240mL)

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.

Breakfast 2 ↗

Eat on day 3 and day 4

Pistachios

375 cals ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



For single meal:

pistachios, shelled
1/2 cup (62g)

For all 2 meals:

pistachios, shelled
1 cup (123g)

1. The recipe has no instructions.

Pretzels

110 cals ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:

pretzels, hard, salted
1 oz (28g)

For all 2 meals:

pretzels, hard, salted
2 oz (57g)

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 5, day 6, and day 7

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 3 meals:

orange
3 orange (462g)

1. The recipe has no instructions.

Smoky tofu with sweet potato hash

517 cals ● 25g protein ● 29g fat ● 32g carbs ● 7g fiber



For single meal:

nutritional yeast
1 1/4 tbsp (5g)
smoked paprika
1 1/4 tsp (3g)
oil
1 1/4 tbsp (19mL)
water
1/6 cup(s) (49mL)
firm tofu, patted dry
1/2 lbs (248g)
sweet potatoes, cubed
5/8 sweetpotato, 5" long (131g)
red onion, sliced
5/8 small (44g)

For all 3 meals:

nutritional yeast
1/4 cup (14g)
smoked paprika
3 3/4 tsp (9g)
oil
1/4 cup (56mL)
water
5/8 cup(s) (148mL)
firm tofu, patted dry
26 1/4 oz (744g)
sweet potatoes, cubed
2 sweetpotato, 5" long (394g)
red onion, sliced
2 small (131g)

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.

Lunch 1 ↗

Eat on day 1

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.

Cucumber slices

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



Makes 1 cucumber

cucumber

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

1. Slice cucumber into rounds and serve.

Peanut tempeh

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



Makes 4 oz tempeh

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

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

Lunch 2 ↗

Eat on day 2

Bbq tempeh wrap

2 wrap(s) - 944 cals ● 58g protein ● 25g fat ● 97g carbs ● 25g fiber



Makes 2 wrap(s)

barbecue sauce
4 tbsp (68g)
coleslaw mix
2 cup (180g)
flour tortillas
2 tortilla (approx 7-8" dia) (98g)
oil
1 tsp (5mL)
tempeh, cut into strips
1/2 lbs (227g)
bell pepper, deseeded and sliced
1 small (74g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the wrap by topping the tortilla with the bbq tempeh, coleslaw, and bell pepper. Wrap up and serve.

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.

Lunch 3 ↗

Eat on day 3

Tomato cucumber salad

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



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)

1. Mix ingredients together in a bowl and serve.

Chik'n satay with peanut sauce

6 skewers - 699 cals ● 57g protein ● 42g fat ● 16g carbs ● 7g fiber



Makes 6 skewers

peanut butter
2 tbsp (32g)
lime juice
1 1/2 tbsp (23mL)
sesame oil
1 tbsp (15mL)
vegan chik'n strips
1/2 lbs (227g)
skewer(s)
6 skewer(s) (6g)
fresh ginger, grated or minced
1 inch (2.5cm) cube (5g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

Lunch 4 ↗

Eat on day 4

Pita bread

2 pita bread(s) - 156 cals ● 6g protein ● 1g fat ● 28g carbs ● 4g fiber



Makes 2 pita bread(s)

pita bread

2 pita, small (4" dia) (56g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Bbq cauliflower wings

803 cals ● 42g protein ● 6g fat ● 120g carbs ● 26g fiber



barbecue sauce

3/4 cup (215g)

salt

1/4 tbsp (5g)

nutritional yeast

3/4 cup (45g)

cauliflower

3 head small (4" dia.) (795g)

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.

Lunch 5 ↗

Eat on day 5 and day 6

Sesame orange tofu

10 1/2 oz tofu - 566 cals ● 27g protein ● 26g fat ● 53g carbs ● 2g fiber



For single meal:

soy sauce
1 1/2 tbsp (23mL)
sugar
1 1/2 tbsp (20g)
sriracha chili sauce
3/4 tbsp (11g)
cornstarch
2 1/4 tbsp (18g)
sesame seeds
1/2 tbsp (5g)
sesame oil
3/4 tbsp (11mL)
garlic, minced
1 1/2 clove(s) (5g)
orange, juiced
3/8 fruit (2-7/8" dia) (53g)
firm tofu, patted dry & cubed
2/3 lbs (298g)

For all 2 meals:

soy sauce
3 tbsp (45mL)
sugar
3 tbsp (39g)
sriracha chili sauce
1 1/2 tbsp (23g)
cornstarch
1/4 cup (36g)
sesame seeds
1 tbsp (9g)
sesame oil
1 1/2 tbsp (23mL)
garlic, minced
3 clove(s) (9g)
orange, juiced
3/4 fruit (2-7/8" dia) (105g)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)

1. Make orange sauce. In a small bowl whisk together the garlic, orange juice, sugar, soy sauce and sriracha. Set aside.
2. In a large bowl toss the cubed tofu with the cornstarch and sesame seeds.
3. Heat sesame oil in a skillet over medium heat. Add tofu and fry until crispy, 5-8 minutes.
4. Pour in orange sauce and cook until thickened and warmed, 1-2 minutes.
5. Serve.

Garlic collard greens

398 cals ● 18g protein ● 21g fat ● 12g carbs ● 23g fiber



For single meal:

collard greens
1 1/4 lbs (567g)
oil
1 1/4 tbsp (19mL)
salt
1/3 tsp (2g)
garlic, minced
3 3/4 clove(s) (11g)

For all 2 meals:

collard greens
2 1/2 lbs (1134g)
oil
2 1/2 tbsp (38mL)
salt
5 dash (4g)
garlic, minced
7 1/2 clove(s) (23g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Lunch 6 ↗

Eat on day 7

Vegan grilled cheese

1 1/2 sandwich(es) - 496 cals ● 15g protein ● 24g fat ● 50g carbs ● 6g fiber



Makes 1 1/2 sandwich(es)

bread

3 slice (96g)

oil

1/2 tbsp (8mL)

vegan cheese, sliced

3 slice(s) (60g)

1. Preheat skillet to medium-low with half of the oil.
2. Place one slice of bread on the skillet and top with cheese and the other slice of bread.
3. Grill until lightly browned- remove from skillet and add remaining oil. Flip the sandwich and grill the other side. Continue until cheese is melted.

Sunflower seeds

451 cals ● 21g protein ● 36g fat ● 6g carbs ● 6g fiber



sunflower kernels

2 1/2 oz (71g)

1. The recipe has no instructions.

Snacks 1 ↗

Eat on day 1 and day 2

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice

8 fl oz (240mL)

For all 2 meals:

fruit juice

16 fl oz (480mL)

1. The recipe has no instructions.

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.

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.

Snacks 2 ↗

Eat on day 3 and day 4

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.

Soy milk

1 1/2 cup(s) - 127 cals ● 11g protein ● 7g fat ● 3g carbs ● 3g fiber



For single meal:

soy milk, unsweetened
1 1/2 cup(s) (mL)

For all 2 meals:

soy milk, unsweetened
3 cup(s) (mL)

1. The recipe has no instructions.

Snacks 3

Eat on day 5, day 6, and day 7

Soy milk

1 1/2 cup(s) - 127 cals  11g protein  7g fat  3g carbs  3g fiber



For single meal:

soy milk, unsweetened

1 1/2 cup(s) (mL)

For all 3 meals:

soy milk, unsweetened

4 1/2 cup(s) (mL)

1. The recipe has no instructions.

Bell pepper strips and hummus

227 cals  10g protein  11g fat  14g carbs  9g fiber



For single meal:

hummus

1/2 cup (108g)

bell pepper

1 1/3 medium (159g)

For all 3 meals:

hummus

1 1/3 cup (325g)

bell pepper

4 medium (476g)

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

Dinner 1

Eat on day 1

Mediterranean chik'n salad with lemon hummus dressing

1065 cals  62g protein  67g fat  35g carbs  20g fiber

**hummus**

1/4 cup (68g)
mixed greens
2 1/4 cup (68g)
lemon juice
1 1/2 tbsp (23mL)

oil
3 tbsp (45mL)

paprika

1/4 tbsp (2g)
thyme, dried
1/4 tbsp, leaves (1g)
vegan chik'n strips

1/2 lbs (213g)
chickpeas, canned, drained and rinsed

1/2 cup(s) (120g)

black olives, pitted

9 large olives (40g)

tomatoes, chopped

3/4 cup cherry tomatoes (112g)

onion, thinly sliced

1/2 small (35g)

1. Mix hummus and lemon juice together with a pinch of salt/pepper. Mix until a sauce-like consistency forms. If needed, add a splash of water to thin it. Set aside in the fridge.

2. Add half of the oil to a skillet over medium heat and add the chickpeas. Cook for about 4 minutes, stirring occasionally. Sprinkle in the paprika and some salt and cook for 30 more seconds. Transfer chickpeas to a dish and set aside.

3. Add the remaining oil to the skillet and cook the chik'n strips for the length of time listed on its package instructions. Sprinkle in the thyme and some salt/pepper and remove from heat.

4. Assemble salad by placing the chickpeas, chik'n, tomatoes, onion, and olives on a bed of greens. Pour dressing on top and serve.

5. Meal prep tip: for best results, store prepared ingredients (chik'n, chickpeas, olives, onion, tomatoes) together in an airtight container in the fridge. Keep them separate from the greens and dressing until ready to serve.

Pita bread

1/2 pita bread(s) - 39 cals ● 1g protein ● 0g fat ● 7g carbs ● 1g fiber



Makes 1/2 pita bread(s)

pita bread

1/2 pita, small (4" dia) (14g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

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.

Seitan salad

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



For single meal:

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)

For all 2 meals:

oil
4 tsp (20mL)
nutritional yeast
4 tsp (5g)
salad dressing
4 tbsp (60mL)
fresh spinach
8 cup(s) (240g)
seitan, crumbled or sliced
3/4 lbs (340g)
tomatoes, halved
24 cherry tomatoes (408g)
avocados, chopped
1 avocado(s) (201g)

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.

Dinner 3 ↗

Eat on day 4

Baked tofu

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



Makes 21 1/3 oz

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)

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.

Garlic collard greens

358 cals ● 16g protein ● 19g fat ● 10g carbs ● 21g fiber



collard greens
18 oz (510g)
oil
1 tbsp (17mL)
salt
1/4 tsp (2g)
garlic, minced
3 1/2 clove(s) (10g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Dinner 4

Eat on day 5

Buffalo tempeh with vegan ranch

785 cals ● 48g protein ● 50g fat ● 19g carbs ● 16g fiber



oil
1 tbsp (15mL)
Frank's Red Hot sauce
4 tbsp (60mL)
tempeh, roughly chopped
1/2 lbs (227g)
vegan ranch
4 tbsp (60mL)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



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.

Dinner 5

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.

Sesame peanut zoodles

735 cals ● 31g protein ● 47g fat ● 33g carbs ● 16g fiber



For single meal:

coleslaw mix
1 1/4 cup (113g)
peanut butter
5 tbsp (80g)
soy sauce
2 1/2 tbsp (38mL)
sesame seeds
1 1/4 tsp (4g)
green onions
2 1/2 tbsp, sliced (20g)
lime juice
1 1/4 tbsp (19mL)
chia seeds
1 1/4 tsp (6g)
zucchini, spiralized
2 1/2 medium (490g)

For all 2 meals:

coleslaw mix
2 1/2 cup (225g)
peanut butter
10 tbsp (160g)
soy sauce
5 tbsp (75mL)
sesame seeds
2 1/2 tsp (8g)
green onions
5 tbsp, sliced (40g)
lime juice
2 1/2 tbsp (38mL)
chia seeds
2 1/2 tsp (12g)
zucchini, spiralized
5 medium (980g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

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.