

# Meal Plan - 3300 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

3185 cals ● 235g protein (30%) ● 78g fat (22%) ● 327g carbs (41%) ● 60g fiber (7%)

### Breakfast

140 cals, 3g protein, 18g net carbs, 5g fat



**Small granola bar**  
1 bar(s)- 119 cals



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

### Lunch

1030 cals, 60g protein, 126g net carbs, 24g fat



**Tomato cucumber salad**  
71 cals



**Chunky canned soup (non-creamy)**  
3 can(s)- 741 cals



**White rice**  
1 cup rice, cooked- 218 cals

### Snacks

400 cals, 24g protein, 36g net carbs, 15g fat



**Kale chips**  
138 cals



**Cucumber slices**  
1/4 cucumber- 15 cals



**Protein bar**  
1 bar- 245 cals

### Dinner

1180 cals, 51g protein, 144g net carbs, 32g fat



**Spiced chickpea tabbouleh bowl**  
910 cals



**Sunflower seeds**  
271 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

## Day 2

3220 cals ● 227g protein (28%) ● 93g fat (26%) ● 321g carbs (40%) ● 49g fiber (6%)

### Breakfast

140 cals, 3g protein, 18g net carbs, 5g fat



#### Small granola bar

1 bar(s)- 119 cals



#### Cherry tomatoes

6 cherry tomatoes- 21 cals

### Lunch

1030 cals, 60g protein, 126g net carbs, 24g fat



#### Tomato cucumber salad

71 cals



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

3 can(s)- 741 cals



#### White rice

1 cup rice, cooked- 218 cals

### Snacks

400 cals, 24g protein, 36g net carbs, 15g fat



#### Kale chips

138 cals



#### Cucumber slices

1/4 cucumber- 15 cals



#### Protein bar

1 bar- 245 cals

### Dinner

1215 cals, 43g protein, 138g net carbs, 47g fat



#### Eggplant and tofu curry

1215 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



#### Protein shake

4 scoop- 436 cals

## Day 3

3288 cals ● 305g protein (37%) ● 117g fat (32%) ● 213g carbs (26%) ● 41g fiber (5%)

### Breakfast

470 cals, 41g protein, 15g net carbs, 25g fat



**Sauteed Kale**  
91 cals



**'Cheesy' tofu scramble**  
380 cals

### Lunch

1035 cals, 72g protein, 91g net carbs, 37g fat



**Vegan sausage**  
2 sausage(s)- 536 cals



**Sauteed corn & lima beans**  
298 cals



**Couscous**  
201 cals

### Snacks

325 cals, 10g protein, 50g net carbs, 5g fat



**Strawberries**  
3 2/3 cup(s)- 191 cals



**Soy milk yogurt**  
1 container- 136 cals

### Dinner

1020 cals, 86g protein, 54g net carbs, 48g fat



**Olive oil drizzled lima beans**  
108 cals



**Garlic pepper seitan**  
913 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

## Day 4

3277 cals ● 246g protein (30%) ● 88g fat (24%) ● 303g carbs (37%) ● 71g fiber (9%)

### Breakfast

470 cals, 41g protein, 15g net carbs, 25g fat



**Sauteed Kale**  
91 cals



**'Cheesy' tofu scramble**  
380 cals

### Lunch

1020 cals, 45g protein, 86g net carbs, 44g fat



**Tofu lo-mein**  
677 cals



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

### Snacks

325 cals, 10g protein, 50g net carbs, 5g fat



**Strawberries**  
3 2/3 cup(s)- 191 cals



**Soy milk yogurt**  
1 container- 136 cals

### Dinner

1025 cals, 54g protein, 148g net carbs, 12g fat



**Naan bread**  
1 piece(s)- 262 cals



**Tomato cucumber salad**  
71 cals



**Lentil and veggie soup**  
694 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

## Day 5

3225 cals ● 231g protein (29%) ● 83g fat (23%) ● 316g carbs (39%) ● 74g fiber (9%)

### Breakfast

480 cals, 35g protein, 35g net carbs, 18g fat



**Celery and peanut butter**  
218 cals



**Green protein shake**  
261 cals

### Snacks

325 cals, 10g protein, 50g net carbs, 5g fat



**Strawberries**  
3 2/3 cup(s)- 191 cals



**Soy milk yogurt**  
1 container- 136 cals

### Lunch

1040 cals, 38g protein, 136g net carbs, 28g fat



**Mustardy lemony chickpea soup**  
518 cals



**Naan bread**  
2 piece(s)- 524 cals

### Dinner

940 cals, 51g protein, 91g net carbs, 30g fat



**Bean & tofu goulash**  
874 cals



**Simple mixed greens salad**  
68 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

## Day 6

3366 cals ● 239g protein (28%) ● 78g fat (21%) ● 360g carbs (43%) ● 66g fiber (8%)

### Breakfast

480 cals, 35g protein, 35g net carbs, 18g fat



**Celery and peanut butter**  
218 cals



**Green protein shake**  
261 cals

### Lunch

1040 cals, 38g protein, 136g net carbs, 28g fat



**Mustardy lemony chickpea soup**  
518 cals



**Naan bread**  
2 piece(s)- 524 cals

### Dinner

1075 cals, 65g protein, 145g net carbs, 20g fat



**Fruit juice**  
2 cup(s)- 229 cals



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



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

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

# Day 7

3309 cals ● 237g protein (29%) ● 113g fat (31%) ● 272g carbs (33%) ● 63g fiber (8%)

## Breakfast

480 cals, 35g protein, 35g net carbs, 18g fat



**Celery and peanut butter**  
218 cals



**Green protein shake**  
261 cals

## Snacks

335 cals, 4g protein, 41g net carbs, 10g fat



**Grapes**  
213 cals



**Dark chocolate**  
2 square(s)- 120 cals

## Lunch

985 cals, 36g protein, 48g net carbs, 63g fat



**Roasted almonds**  
1/2 cup(s)- 499 cals



**Lentil kale salad**  
487 cals

## Dinner

1075 cals, 65g protein, 145g net carbs, 20g fat



**Fruit juice**  
2 cup(s)- 229 cals



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



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

## Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

# Grocery List



## Cereal Grains and Pasta

- instant couscous, flavored  
1 1/6 box (5.8 oz) (192g)
- long-grain white rice  
2 cup (355g)
- seitan  
1 1/2 lbs (643g)

## Fats and Oils

- oil  
3 1/4 oz (99mL)
- salad dressing  
6 1/2 oz (187mL)
- olive oil  
3 oz (91mL)

## Spices and Herbs

- ground cumin  
1/2 tbsp (3g)
- salt  
3/4 tbsp (14g)
- black pepper  
5 dash, ground (1g)
- turmeric, ground  
4 dash (2g)
- paprika  
1 tbsp (7g)
- fresh thyme  
4 dash (0g)
- dijon mustard  
1 tbsp (17g)
- crushed red pepper  
5 dash (1g)

## Fruits and Fruit Juices

- lemon juice  
1/2 cup (115mL)
- strawberries  
11 cup, whole (1584g)
- banana  
1 1/2 medium (7" to 7-7/8" long) (177g)
- orange  
3 orange (462g)
- grapes  
7 1/3 cup (675g)
- fruit juice  
32 fl oz (960mL)

## Legumes and Legume Products

- chickpeas, canned  
2 1/3 can(s) (1045g)
- firm tofu  
3 lbs (1332g)
- lentils, raw  
1 cup (180g)
- extra firm tofu  
1/2 lbs (227g)
- soy sauce  
1/2 tbsp (8mL)
- peanut butter  
6 tbsp (96g)
- white beans, canned  
1 can(s) (439g)

## Nut and Seed Products

- sunflower kernels  
1 1/2 oz (43g)
- almonds  
3 oz (89g)

## Snacks

- small granola bar  
2 bar (50g)

## Beverages

- protein powder  
28 scoop (1/3 cup ea) (868g)
- water  
2 gallon (7757mL)
- protein powder, vanilla  
3 scoop (1/3 cup ea) (93g)

## Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)  
6 can (~19 oz) (3156g)
- vegetable broth  
5 1/2 cup(s) (mL)
- oriental flavored ramen  
1/2 package with flavor packet (43g)

## Other

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

## Vegetables and Vegetable Products

- cucumber**  
4 1/3 cucumber (8-1/4") (1304g)
- tomatoes**  
6 1/2 medium whole (2-3/5" dia) (783g)
- fresh parsley**  
3 1/3 sprigs (3g)
- red onion**  
3/4 small (53g)
- kale leaves**  
16 1/2 oz (472g)
- eggplant**  
3/4 small (344g)
- lima beans, frozen**  
5/8 package (10 oz) (171g)
- frozen corn kernels**  
10 tbsp (85g)
- garlic**  
12 clove(s) (36g)
- onion**  
1 1/2 medium (2-1/2" dia) (163g)
- green pepper**  
2 3/4 tbsp, chopped (25g)
- frozen mixed veggies**  
1 2/3 lbs (768g)
- raw celery**  
11 1/3 stalk, medium (7-1/2" - 8" long) (453g)
- fresh spinach**  
3 cup(s) (90g)
- leeks**  
1 1/2 leek (134g)
- broccoli**  
1 1/2 cup chopped (137g)

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- curry sauce**  
3/4 jar (15 oz) (319g)
- vegan sausage**  
2 sausage (200g)
- nutritional yeast**  
1 1/4 oz (35g)
- soy milk yogurt**  
3 container(s) (451g)
- mixed greens**  
3 package (5.5 oz) (458g)
- italian seasoning**  
1/4 tbsp (3g)
- teriyaki sauce**  
1/3 cup (79mL)

## Baked Products

- naan bread**  
5 piece(s) (450g)

## Sweets

- chocolate, dark, 70-85%**  
4 square(s) (40g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

**small granola bar**  
1 bar (25g)

For all 2 meals:

**small granola bar**  
2 bar (50g)

1. The recipe has no instructions.

### Cherry tomatoes

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



For single meal:

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

For all 2 meals:

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

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

## Breakfast 2 ↗

Eat on day 3 and day 4

### Sauteed Kale

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



For single meal:

**kale leaves**

1 1/2 cup, chopped (60g)

**oil**

1/2 tbsp (8mL)

For all 2 meals:

**kale leaves**

3 cup, chopped (120g)

**oil**

1 tbsp (15mL)

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

### 'Cheesy' tofu scramble

380 cals ● 39g protein ● 18g fat ● 11g carbs ● 4g fiber



For single meal:

**turmeric, ground**

2 dash (1g)

**salt**

2 dash (2g)

**nutritional yeast**

4 tbsp (15g)

**water**

2 tbsp (30mL)

**firm tofu, drained**

14 oz (397g)

**garlic, minced**

1 clove (3g)

For all 2 meals:

**turmeric, ground**

4 dash (2g)

**salt**

4 dash (3g)

**nutritional yeast**

1/2 cup (30g)

**water**

4 tbsp (60mL)

**firm tofu, drained**

1 3/4 lbs (794g)

**garlic, minced**

2 clove (6g)

1. Heat the water in a non-stick pan over medium heat.
2. Add the garlic and cook until fragrant.
3. Crumble the tofu into the pan and cook for a couple minutes, stirring occasionally.
4. Add in the turmeric, nutritional yeast, and salt and stir until well-combined.
5. Cook mixture for a few more minutes, adding more water if necessary.
6. Serve.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Celery and peanut butter

218 cals ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



For single meal:

**raw celery**

2 stalk, medium (7-1/2" - 8" long)  
(80g)

**peanut butter**

2 tbsp (32g)

For all 3 meals:

**raw celery**

6 stalk, medium (7-1/2" - 8" long)  
(240g)

**peanut butter**

6 tbsp (96g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

### Green protein shake

261 cals ● 27g protein ● 1g fat ● 28g carbs ● 8g fiber



For single meal:

**water**

1/4 cup(s) (59mL)

**fresh spinach**

1 cup(s) (30g)

**protein powder, vanilla**

1 scoop (1/3 cup ea) (31g)

**banana, frozen**

1/2 medium (7" to 7-7/8" long)  
(59g)

**orange, peeled, sliced, and  
deseeded**

1 orange (154g)

For all 3 meals:

**water**

3/4 cup(s) (178mL)

**fresh spinach**

3 cup(s) (90g)

**protein powder, vanilla**

3 scoop (1/3 cup ea) (93g)

**banana, frozen**

1 1/2 medium (7" to 7-7/8" long)  
(177g)

**orange, peeled, sliced, and  
deseeded**

3 orange (462g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

## Lunch 1 ↗

Eat on day 1 and day 2

### Tomato cucumber salad

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



For single meal:

**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)

For all 2 meals:

**salad dressing**  
2 tbsp (30mL)  
**red onion, thinly sliced**  
1/2 small (35g)  
**cucumber, thinly sliced**  
1/2 cucumber (8-1/4") (151g)  
**tomatoes, thinly sliced**  
1 medium whole (2-3/5" dia) (123g)

1. Mix ingredients together in a bowl and serve.

### Chunky canned soup (non-creamy)

3 can(s) - 741 cals ● 54g protein ● 20g fat ● 70g carbs ● 16g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**  
3 can (~19 oz) (1578g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
6 can (~19 oz) (3156g)

1. Prepare according to instructions on package.

### White rice

1 cup rice, cooked - 218 cals ● 4g protein ● 0g fat ● 49g carbs ● 1g fiber



For single meal:

**water**

2/3 cup(s) (158mL)

**long-grain white rice**

1/3 cup (62g)

For all 2 meals:

**water**

1 1/3 cup(s) (316mL)

**long-grain white rice**

2/3 cup (123g)

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

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## Lunch 2 ↗

Eat on day 3

### Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

**vegan sausage**

2 sausage (200g)

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

### Sautéed corn & lima beans

298 cals ● 9g protein ● 12g fat ● 30g carbs ● 7g fiber



**black pepper**

1/4 tsp, ground (0g)

**salt**

1/4 tsp (1g)

**lima beans, frozen**

10 tbsp (100g)

**frozen corn kernels**

10 tbsp (85g)

**olive oil**

2 1/2 tsp (13mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

### Couscous

201 cals ● 7g protein ● 0g fat ● 40g carbs ● 3g fiber



**instant couscous, flavored**  
1/3 box (5.8 oz) (55g)

1. Follow instructions on package.

## Lunch 3 ↗

Eat on day 4

### Tofu lo-mein

677 cals ● 33g protein ● 32g fat ● 52g carbs ● 12g fiber



**extra firm tofu**  
1/2 lbs (227g)  
**soy sauce**  
1/2 tbsp (8mL)  
**water**  
3/4 cup(s) (178mL)  
**olive oil**  
1 tbsp (15mL)  
**frozen mixed veggies**  
1/2 lbs (227g)  
**oriental flavored ramen**  
1/2 package with flavor packet (43g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning.
2. Meanwhile bring water to a boil in a medium saucepan. Add noodles from ramen package, reserving the seasoning envelopes. Boil for about 2 minutes, until the noodles soften. Drain.
3. Add the stir-fry vegetables to the pan with the tofu, and season with the ramen noodle seasoning packet. Cook, stirring occasionally until vegetables are tender, but not mushy. Add noodles, and stir to blend. Season with soy sauce and serve.

### Simple salad with celery, cucumber & tomato

341 cals ● 12g protein ● 13g fat ● 34g carbs ● 10g fiber



**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 4 ↗

Eat on day 5 and day 6

### Mustardy lemony chickpea soup

518 cals ● 21g protein ● 18g fat ● 50g carbs ● 18g fiber



For single meal:

**chickpeas, canned**  
3/4 can(s) (336g)  
**dijon mustard**  
1/2 tbsp (8g)  
**oil**  
3/4 tbsp (11mL)  
**vegetable broth**  
1 1/2 cup(s) (mL)  
**italian seasoning**  
3 dash (1g)  
**lemon juice**  
3 tbsp (45mL)  
**leeks, sliced**  
3/4 leek (67g)  
**broccoli, chopped**  
3/4 cup chopped (68g)  
**garlic, minced**  
1 1/2 clove(s) (5g)

For all 2 meals:

**chickpeas, canned**  
1 1/2 can(s) (672g)  
**dijon mustard**  
1 tbsp (17g)  
**oil**  
1 1/2 tbsp (23mL)  
**vegetable broth**  
3 cup(s) (mL)  
**italian seasoning**  
1/4 tbsp (3g)  
**lemon juice**  
6 tbsp (90mL)  
**leeks, sliced**  
1 1/2 leek (134g)  
**broccoli, chopped**  
1 1/2 cup chopped (137g)  
**garlic, minced**  
3 clove(s) (9g)

1. Heat oil in a large pot. Add leeks, garlic, and some salt. Stir and cook 5-7 minutes until softened.
2. Stir in broth, chickpeas (including the liquid), and Italian seasoning. Bring to a boil. Reduce heat and simmer, uncovered, for 10 minutes.
3. Take about 1/4th of the mixture and puree in a blender until smooth. Return puree back to the pot and stir.
4. Add broccoli, cover, and cook 10 minutes. Turn off heat. Stir in dijon and lemon juice. Season with salt and pepper to taste. Serve.

### Naan bread

2 piece(s) - 524 cals ● 17g protein ● 10g fat ● 87g carbs ● 4g fiber



For single meal:

**naan bread**

2 piece(s) (180g)

For all 2 meals:

**naan bread**

4 piece(s) (360g)

1. The recipe has no instructions.

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## Lunch 5 ↗

Eat on day 7

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### Roasted almonds

1/2 cup(s) - 499 cals ● 17g protein ● 40g fat ● 7g carbs ● 10g fiber

Makes 1/2 cup(s)

**almonds**

1/2 cup, whole (80g)

1. The recipe has no instructions.



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### Lentil kale salad

487 cals ● 19g protein ● 23g fat ● 41g carbs ● 9g fiber



**lentils, raw**  
5 tbsp (60g)  
**lemon juice**  
1 1/4 tbsp (19mL)  
**almonds**  
1 1/4 tbsp, slivered (8g)  
**oil**  
1 1/4 tbsp (19mL)  
**kale leaves**  
2 cup, chopped (75g)  
**crushed red pepper**  
5 dash (1g)  
**water**  
1 1/4 cup(s) (296mL)  
**ground cumin**  
5 dash (1g)  
**garlic, diced**  
1 1/4 clove(s) (4g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

## Snacks 1 ↗

Eat on day 1 and day 2

### Kale chips

138 cals ● 3g protein ● 10g fat ● 7g carbs ● 2g fiber



For single meal:

**salt**  
1/4 tbsp (4g)  
**kale leaves**  
2/3 bunch (113g)  
**olive oil**  
2 tsp (10mL)

For all 2 meals:

**salt**  
1/2 tbsp (8g)  
**kale leaves**  
1 1/3 bunch (227g)  
**olive oil**  
4 tsp (20mL)

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

### Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

**cucumber**  
1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.

### Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

**protein bar (20g protein)**  
1 bar (50g)

For all 2 meals:

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

1. The recipe has no instructions.

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## Snacks 2 ↗

Eat on day 3, day 4, and day 5

### Strawberries

3 2/3 cup(s) - 191 cals ● 4g protein ● 1g fat ● 30g carbs ● 11g fiber



For single meal:

**strawberries**  
3 2/3 cup, whole (528g)

For all 3 meals:

**strawberries**  
11 cup, whole (1584g)

1. The recipe has no instructions.

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### Soy milk yogurt

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



For single meal:

**soy milk yogurt**  
1 container(s) (150g)

For all 3 meals:

**soy milk yogurt**  
3 container(s) (451g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 6 and day 7

### Grapes

213 cals ● 3g protein ● 1g fat ● 34g carbs ● 13g fiber



For single meal:

**grapes**  
3 2/3 cup (337g)

For all 2 meals:

**grapes**  
7 1/3 cup (675g)

1. The recipe has no instructions.

### Dark chocolate

2 square(s) - 120 cals ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

**chocolate, dark, 70-85%**  
2 square(s) (20g)

For all 2 meals:

**chocolate, dark, 70-85%**  
4 square(s) (40g)

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1

### Spiced chickpea tabbouleh bowl

910 cals ● 38g protein ● 11g fat ● 141g carbs ● 25g fiber



#### instant couscous, flavored

5/6 box (5.8 oz) (137g)

oil

3/8 tsp (2mL)

ground cumin

1/4 tbsp (2g)

lemon juice

1 1/4 tsp (6mL)

cucumber, chopped

3/8 cucumber (8-1/4") (125g)

chickpeas, canned, drained & rinsed

5/6 can(s) (373g)

tomatoes, chopped

5/6 roma tomato (67g)

fresh parsley, chopped

3 1/3 sprigs (3g)

1. Heat oven to 425F (220C).

Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.

2. Meanwhile, cook couscous according to package.

When the couscous is done and has cooled a little, mix in the parsley.

3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

### Sunflower seeds

271 cals ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



#### sunflower kernels

1 1/2 oz (43g)

1. The recipe has no instructions.

## Dinner 2 ↗

Eat on day 2

### Eggplant and tofu curry

1215 cals ● 43g protein ● 47g fat ● 138g carbs ● 18g fiber



#### curry sauce

3/4 jar (15 oz) (319g)

#### oil

3/4 tbsp (11mL)

#### long-grain white rice

3/4 cup (139g)

#### eggplant, cubed

3/4 small (344g)

#### firm tofu, patted dry and cubed

3/4 package (16 oz) (340g)

1. Prepare rice according to package. Set aside.
2. In a skillet over medium heat, add the oil.
3. Add in the cubed tofu and eggplant and cook until browned, stirring occasionally, for about 7 minutes.
4. Pour in the curry sauce and heat through.
5. Serve the rice and top with curry sauce mixture.

## Dinner 3 ↗

Eat on day 3

### Olive oil drizzled lima beans

108 cals ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber



#### black pepper

1/2 dash, ground (0g)

#### salt

1 dash (1g)

#### lima beans, frozen

1/4 package (10 oz) (71g)

#### olive oil

1/4 tbsp (4mL)

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

### Garlic pepper seitan

913 cals ● 82g protein ● 44g fat ● 44g carbs ● 3g fiber



**olive oil**  
2 2/3 tbsp (40mL)  
**onion**  
1/3 cup, chopped (53g)  
**green pepper**  
2 2/3 tbsp, chopped (25g)  
**black pepper**  
1/3 tsp, ground (1g)  
**water**  
4 tsp (20mL)  
**salt**  
1 1/3 dash (1g)  
**seitan, chicken style**  
2/3 lbs (302g)  
**garlic, minced**  
3 1/3 clove(s) (10g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

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## Dinner 4 ↗

Eat on day 4

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### Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber

Makes 1 piece(s)

**naan bread**  
1 piece(s) (90g)



1. The recipe has no instructions.

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### 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.

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### Lentil and veggie soup

694 cals ● 44g protein ● 4g fat ● 97g carbs ● 25g fiber



**lentils, raw**  
10 tbsp (120g)  
**vegetable broth**  
2 1/2 cup(s) (mL)  
**kale leaves**  
1 1/4 cup, chopped (50g)  
**nutritional yeast**  
1 1/4 tbsp (5g)  
**garlic**  
1 1/4 clove(s) (4g)  
**frozen mixed veggies**  
2 cup (253g)

1. Put all ingredients in a large pot and bring to a boil.
2. Let cook for 15-20 minutes until lentils are soft.
3. Season with salt and pepper to taste. Serve.

## Dinner 5 ↗

Eat on day 5

### Bean & tofu goulash

874 cals ● 50g protein ● 25g fat ● 87g carbs ● 26g fiber



**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.

### 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 6 ↗

Eat on day 6 and day 7

### Fruit juice

2 cup(s) - 229 cals ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber



For single meal:

**fruit juice**  
16 fl oz (480mL)

For all 2 meals:

**fruit juice**  
32 fl oz (960mL)

1. The recipe has no instructions.

### Teriyaki seitan with veggies and rice

676 cals ● 56g protein ● 13g fat ● 77g carbs ● 7g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**teriyaki sauce**  
2 2/3 tbsp (40mL)  
**frozen mixed veggies**  
1/2 package (10 oz ea) (144g)  
**long-grain white rice**  
4 tbsp (46g)  
**seitan, cut into strips**  
6 oz (170g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**teriyaki sauce**  
1/3 cup (80mL)  
**frozen mixed veggies**  
1 package (10 oz ea) (288g)  
**long-grain white rice**  
1/2 cup (93g)  
**seitan, cut into strips**  
3/4 lbs (340g)

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.

### 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.

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## Protein Supplement(s) ↗

Eat every day

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### Protein shake

4 scoop - 436 cals ● 97g protein ● 2g fat ● 4g carbs ● 4g fiber



For single meal:

**protein powder**

4 scoop (1/3 cup ea) (124g)

**water**

4 cup(s) (948mL)

For all 7 meals:

**protein powder**

28 scoop (1/3 cup ea) (868g)

**water**

28 cup(s) (6636mL)

1. The recipe has no instructions.

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