

# Meal Plan - 3400 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

3379 cals ● 239g protein (28%) ● 50g fat (13%) ● 422g carbs (50%) ● 72g fiber (8%)

### Breakfast

550 cals, 20g protein, 90g net carbs, 5g fat



#### Blackberries

1 2/3 cup(s)- 116 cals



#### Medium toasted bagel with 'butter'

1 1/2 bagel(s)- 434 cals

### Snacks

415 cals, 11g protein, 74g net carbs, 6g fat



#### Fruit juice

1 cup(s)- 115 cals



#### Instant oatmeal with water

1 packet(s)- 165 cals



#### Soy milk yogurt

1 container- 136 cals

### Lunch

1200 cals, 61g protein, 172g net carbs, 12g fat



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

128 cals



#### Bbq cauliflower wings

1070 cals

### Dinner

780 cals, 50g protein, 81g net carbs, 25g fat



#### Garlic pepper seitan

456 cals



#### Corn

323 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

## Day 2

3379 cals ● 239g protein (28%) ● 50g fat (13%) ● 422g carbs (50%) ● 72g fiber (8%)

### Breakfast

550 cals, 20g protein, 90g net carbs, 5g fat



#### Blackberries

1 2/3 cup(s)- 116 cals



#### Medium toasted bagel with 'butter'

1 1/2 bagel(s)- 434 cals

### Snacks

415 cals, 11g protein, 74g net carbs, 6g fat



#### Fruit juice

1 cup(s)- 115 cals



#### Instant oatmeal with water

1 packet(s)- 165 cals



#### Soy milk yogurt

1 container- 136 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

### Lunch

1200 cals, 61g protein, 172g net carbs, 12g fat



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

128 cals



#### Bbq cauliflower wings

1070 cals

### Dinner

780 cals, 50g protein, 81g net carbs, 25g fat



#### Garlic pepper seitan

456 cals



#### Corn

323 cals

## Day 3

3396 cals ● 291g protein (34%) ● 95g fat (25%) ● 290g carbs (34%) ● 53g fiber (6%)

### Breakfast

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



#### Sautéed Kale

91 cals



#### 'Cheesy' tofu scramble

380 cals

### Snacks

415 cals, 11g protein, 74g net carbs, 6g fat



#### Fruit juice

1 cup(s)- 115 cals



#### Instant oatmeal with water

1 packet(s)- 165 cals



#### Soy milk yogurt

1 container- 136 cals

### Lunch

1040 cals, 54g protein, 156g net carbs, 11g fat



#### Naan bread

1 1/2 piece(s)- 393 cals



#### Lentil and veggie soup

647 cals

### Dinner

1035 cals, 89g protein, 41g net carbs, 51g fat



#### Simple kale & avocado salad

230 cals



#### Vegan sausage

3 sausage(s)- 804 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

## Day 4

3437 cals ● 214g protein (25%) ● 127g fat (33%) ● 289g carbs (34%) ● 70g fiber (8%)

### Breakfast

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



**Sauteed Kale**  
91 cals



**'Cheesy' tofu scramble**  
380 cals

### Snacks

430 cals, 8g protein, 72g net carbs, 11g fat



**Small granola bar**  
2 bar(s)- 238 cals



**Fruit juice**  
1 2/3 cup(s)- 191 cals

### Lunch

1045 cals, 28g protein, 69g net carbs, 59g fat



**Simple kale & avocado salad**  
460 cals



**Vegan cheesy portabella pizzas**  
4 mushroom cap(s)- 583 cals

### Dinner

1060 cals, 41g protein, 130g net carbs, 31g fat



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



**Edamame and chickpea salad**  
535 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

## Day 5

3364 cals ● 310g protein (37%) ● 113g fat (30%) ● 227g carbs (27%) ● 49g fiber (6%)

### Breakfast

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



**Sauteed Kale**  
91 cals



**'Cheesy' tofu scramble**  
380 cals

### Lunch

1030 cals, 73g protein, 98g net carbs, 28g fat



**Chunky canned soup (non-creamy)**  
4 can(s)- 988 cals



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

### Snacks

430 cals, 8g protein, 72g net carbs, 11g fat



**Small granola bar**  
2 bar(s)- 238 cals



**Fruit juice**  
1 2/3 cup(s)- 191 cals

### Dinner

995 cals, 91g protein, 39g net carbs, 48g fat



**Baked tofu**  
32 oz- 905 cals



**Corn**  
92 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

## Day 6

3360 cals ● 283g protein (34%) ● 105g fat (28%) ● 267g carbs (32%) ● 54g fiber (6%)

### Breakfast

420 cals, 57g protein, 10g net carbs, 16g fat



#### Protein shake (almond milk)

420 cals

### Lunch

1005 cals, 58g protein, 115g net carbs, 31g fat



#### Crispy chick'n tenders

13 tender(s)- 743 cals



#### Peach

4 peach(es)- 264 cals

### Snacks

415 cals, 12g protein, 16g net carbs, 30g fat



#### Carrot sticks

2 carrot(s)- 54 cals



#### Mixed nuts

3/8 cup(s)- 363 cals

### Dinner

1080 cals, 59g protein, 122g net carbs, 26g fat



#### Vegan meatball sub

2 sub(s)- 936 cals



#### Raspberries

2 cup(s)- 144 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

## Day 7

3360 cals ● 283g protein (34%) ● 105g fat (28%) ● 267g carbs (32%) ● 54g fiber (6%)

### Breakfast

420 cals, 57g protein, 10g net carbs, 16g fat



#### Protein shake (almond milk)

420 cals

### Lunch

1005 cals, 58g protein, 115g net carbs, 31g fat



#### Crispy chick'n tenders

13 tender(s)- 743 cals



#### Peach

4 peach(es)- 264 cals

### Snacks

415 cals, 12g protein, 16g net carbs, 30g fat



#### Carrot sticks

2 carrot(s)- 54 cals



#### Mixed nuts

3/8 cup(s)- 363 cals

### Dinner

1080 cals, 59g protein, 122g net carbs, 26g fat



#### Vegan meatball sub

2 sub(s)- 936 cals



#### Raspberries

2 cup(s)- 144 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

# Grocery List



## Fats and Oils

- olive oil  
1 3/4 oz (54mL)
- salad dressing  
3 tbsp (45mL)
- oil  
1 1/2 tbsp (23mL)

## Vegetables and Vegetable Products

- onion  
1/3 cup, chopped (53g)
- green pepper  
2 3/4 tbsp, chopped (25g)
- garlic  
7 1/2 clove(s) (22g)
- frozen corn kernels  
5 1/3 cup (725g)
- raw celery  
2 stalk, medium (7-1/2" - 8" long) (80g)
- cucumber  
1 cucumber (8-1/4") (301g)
- tomatoes  
2 2/3 medium whole (2-3/5" dia) (327g)
- cauliflower  
8 head small (4" dia.) (2120g)
- kale leaves  
1 lbs (482g)
- frozen mixed veggies  
1 3/4 cup (236g)
- edamame beans, frozen  
5 tbsp (47g)
- bell pepper  
3/8 medium (48g)
- carrots  
4 1/2 medium (268g)
- portabella cap  
4 piece whole (564g)
- fresh ginger  
2 slices (1" dia) (4g)
- ketchup  
6 1/2 tbsp (111g)

## Spices and Herbs

- black pepper  
1/3 tsp, ground (1g)
- salt  
1 tbsp (17g)
- turmeric, ground  
1/4 tbsp (2g)

## Baked Products

- bagel  
3 medium bagel (3-1/2" to 4" dia) (315g)
- naan bread  
3 1/2 piece(s) (315g)

## Other

- vegan butter  
1 1/2 tbsp (21g)
- mixed greens  
1 package (5.5 oz) (155g)
- nutritional yeast  
6 oz (174g)
- soy milk yogurt  
3 container(s) (451g)
- vegan sausage  
3 sausage (300g)
- italian seasoning  
1/3 tsp (1g)
- vegan cheese, shredded  
1 cup (112g)
- meatless chik'n tenders  
26 pieces (663g)
- sub roll(s)  
4 roll(s) (340g)
- vegan meatballs, frozen  
16 meatball(s) (480g)

## Soups, Sauces, and Gravies

- barbecue sauce  
2 cup (572g)
- vegetable broth  
2 1/3 cup(s) (mL)
- pasta sauce  
1 1/2 cup (390g)
- chunky canned soup (non-creamy varieties)  
4 can (~19 oz) (2104g)

## Breakfast Cereals

- flavored instant oatmeal  
3 packet (129g)

## Legumes and Legume Products

- lentils, raw  
9 1/4 tbsp (112g)
- firm tofu  
2 1/2 lbs (1191g)

- vinegar**  
3/8 tsp (2mL)
- oregano, dried**  
4 dash, ground (1g)
- garlic powder**  
4 dash (2g)

- chickpeas, canned**  
5/6 can(s) (358g)
- soy sauce**  
1 cup (240mL)
- extra firm tofu**  
2 lbs (907g)

## Beverages

- water**  
2 gallon (7373mL)
- protein powder**  
32 scoop (1/3 cup ea) (992g)
- almond milk, unsweetened**  
4 cup (960mL)

## Cereal Grains and Pasta

- seitan**  
2/3 lbs (302g)

## Snacks

- small granola bar**  
4 bar (100g)

## Nut and Seed Products

- sesame seeds**  
2 tbsp (18g)
- mixed nuts**  
13 1/4 tbsp (112g)

## Fruits and Fruit Juices

- blackberries**  
3 1/3 cup (480g)
- fruit juice**  
50 2/3 fl oz (1520mL)
- avocados**  
1 1/2 avocado(s) (302g)
- lemon**  
1 1/2 small (87g)
- dried cranberries**  
2 1/2 tsp (8g)
- peach**  
8 medium (2-2/3" dia) (1200g)
- raspberries**  
4 cup (492g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Blackberries

1 2/3 cup(s) - 116 cals ● 3g protein ● 1g fat ● 10g carbs ● 13g fiber



For single meal:

**blackberries**  
1 2/3 cup (240g)

For all 2 meals:

**blackberries**  
3 1/3 cup (480g)

1. Rinse blackberries and serve.

### Medium toasted bagel with 'butter'

1 1/2 bagel(s) - 434 cals ● 17g protein ● 4g fat ● 80g carbs ● 4g fiber



For single meal:

**bagel**  
1 1/2 medium bagel (3-1/2" to 4" dia) (158g)  
**vegan butter**  
3/4 tbsp (11g)

For all 2 meals:

**bagel**  
3 medium bagel (3-1/2" to 4" dia) (315g)  
**vegan butter**  
1 1/2 tbsp (21g)

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

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### 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 3 meals:

**kale leaves**

4 1/2 cup, chopped (180g)

**oil**

1 1/2 tbsp (23mL)

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 3 meals:

**turmeric, ground**

1/4 tbsp (2g)

**salt**

1/4 tbsp (5g)

**nutritional yeast**

3/4 cup (45g)

**water**

6 tbsp (90mL)

**firm tofu, drained**

2 1/2 lbs (1191g)

**garlic, minced**

3 clove (9g)

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 6 and day 7

### 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.

## Lunch 1 ↗

Eat on day 1 and day 2

### Simple salad with celery, cucumber & tomato

128 cals ● 4g protein ● 5g fat ● 13g carbs ● 4g fiber



For single meal:

**salad dressing**  
1 1/2 tbsp (23mL)  
**raw celery, chopped**  
1 stalk, medium (7-1/2" - 8" long) (40g)  
**mixed greens**  
1/2 package (5.5 oz) (78g)  
**cucumber, sliced**  
1/2 cucumber (8-1/4") (151g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)

For all 2 meals:

**salad dressing**  
3 tbsp (45mL)  
**raw celery, chopped**  
2 stalk, medium (7-1/2" - 8" long) (80g)  
**mixed greens**  
1 package (5.5 oz) (155g)  
**cucumber, sliced**  
1 cucumber (8-1/4") (301g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)

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

### Bbq cauliflower wings

1070 cals ● 56g protein ● 8g fat ● 160g carbs ● 35g fiber



For single meal:

**barbecue sauce**

1 cup (286g)

**salt**

1 tsp (6g)

**nutritional yeast**

1 cup (60g)

**cauliflower**

4 head small (4" dia.) (1060g)

For all 2 meals:

**barbecue sauce**

2 cup (572g)

**salt**

2 tsp (12g)

**nutritional yeast**

2 cup (120g)

**cauliflower**

8 head small (4" dia.) (2120g)

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.

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## Lunch 2 ↗

Eat on day 3

### Naan bread

1 1/2 piece(s) - 393 cals ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber

Makes 1 1/2 piece(s)

**naan bread**

1 1/2 piece(s) (135g)

1. The recipe has no instructions.



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### Lentil and veggie soup

647 cals ● 41g protein ● 3g fat ● 91g carbs ● 23g fiber



**lentils, raw**

9 1/3 tbsp (112g)

**vegetable broth**

2 1/3 cup(s) (mL)

**kale leaves**

56 tsp, chopped (47g)

**nutritional yeast**

3 1/2 tsp (4g)

**garlic**

1 1/6 clove(s) (3g)

**frozen mixed veggies**

1 3/4 cup (236g)

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.

## Lunch 3 ↗

Eat on day 4

### Simple kale & avocado salad

460 cals ● 9g protein ● 31g fat ● 19g carbs ● 18g fiber



#### kale leaves, chopped

1 bunch (170g)

#### avocados, chopped

1 avocado(s) (201g)

#### lemon, juiced

1 small (58g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

### Vegan cheesy portabella pizzas

4 mushroom cap(s) - 583 cals ● 18g protein ● 28g fat ● 50g carbs ● 15g fiber



Makes 4 mushroom cap(s)

#### pasta sauce

1/2 cup (130g)

#### olive oil

1/2 tsp (3mL)

#### vegan cheese, shredded

1 cup (112g)

#### oregano, dried

4 dash, ground (1g)

#### garlic powder

4 dash (2g)

#### portabella cap, stems pulled out

4 piece whole (564g)

1. Preheat oven to 400 F (200 C) and line a baking sheet with foil and grease the foil with the olive oil.
2. Place the mushroom caps on the sheet top-side down, and spoon the tomato sauce into each mushroom cap evenly.
3. Top each with the cheese and spices.
4. Bake 25 minutes until cheese melts.

## Lunch 4 ↗

Eat on day 5

### Chunky canned soup (non-creamy)

4 can(s) - 988 cals ● 72g protein ● 27g fat ● 93g carbs ● 21g fiber



Makes 4 can(s)

#### chunky canned soup (non-creamy varieties)

4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.

### Cherry tomatoes

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



Makes 12 cherry tomatoes

**tomatoes**

12 cherry tomatoes (204g)

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

## Lunch 5 ↗

Eat on day 6 and day 7

### Crispy chik'n tenders

13 tender(s) - 743 cals ● 53g protein ● 29g fat ● 67g carbs ● 0g fiber



For single meal:

**meatless chik'n tenders**

13 pieces (332g)

**ketchup**

3 1/4 tbsp (55g)

For all 2 meals:

**meatless chik'n tenders**

26 pieces (663g)

**ketchup**

6 1/2 tbsp (111g)

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

### Peach

4 peach(es) - 264 cals ● 6g protein ● 2g fat ● 48g carbs ● 9g fiber



For single meal:

**peach**

4 medium (2-2/3" dia) (600g)

For all 2 meals:

**peach**

8 medium (2-2/3" dia) (1200g)

1. The recipe has no instructions.

## Snacks 1 ↗

Eat on day 1, day 2, and day 3

### 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 3 meals:

**fruit juice**

24 fl oz (720mL)

1. The recipe has no instructions.

### Instant oatmeal with water

1 packet(s) - 165 cals ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber

For single meal:



**flavored instant oatmeal**

1 packet (43g)

**water**

3/4 cup(s) (178mL)

For all 3 meals:

**flavored instant oatmeal**

3 packet (129g)

**water**

2 1/4 cup(s) (533mL)

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

### 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 2

Eat on day 4 and day 5

### Small granola bar

2 bar(s) - 238 cals  5g protein  10g fat  30g carbs  3g fiber



For single meal:

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

For all 2 meals:

**small granola bar**  
4 bar (100g)

1. The recipe has no instructions.

### 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.

## Snacks 3 ↗

Eat on day 6 and day 7

### Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

**carrots**  
2 medium (122g)

For all 2 meals:

**carrots**  
4 medium (244g)

1. Cut carrots into strips and serve.

### Mixed nuts

3/8 cup(s) - 363 cals ● 11g protein ● 30g fat ● 8g carbs ● 4g fiber



For single meal:

**mixed nuts**  
6 2/3 tbsp (56g)

For all 2 meals:

**mixed nuts**  
13 1/3 tbsp (112g)

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1 and day 2

### Garlic pepper seitan

456 cals ● 41g protein ● 22g fat ● 22g carbs ● 2g fiber



For single meal:

**olive oil**  
4 tsp (20mL)  
**onion**  
2 2/3 tbsp, chopped (27g)  
**green pepper**  
4 tsp, chopped (12g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**water**  
2 tsp (10mL)  
**salt**  
2/3 dash (0g)  
**seitan, chicken style**  
1/3 lbs (151g)  
**garlic, minced**  
1 2/3 clove(s) (5g)

For all 2 meals:

**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.

### Corn

323 cals ● 9g protein ● 2g fat ● 59g carbs ● 7g fiber



For single meal:

**frozen corn kernels**  
2 1/3 cup (317g)

For all 2 meals:

**frozen corn kernels**  
4 2/3 cup (635g)

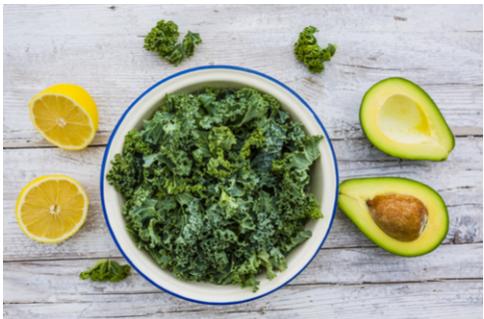
1. Prepare according to instructions on package.

## Dinner 2 ↗

Eat on day 3

### Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



**kale leaves, chopped**  
1/2 bunch (85g)  
**avocados, chopped**  
1/2 avocado(s) (101g)  
**lemon, juiced**  
1/2 small (29g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

### 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.

## Dinner 3 ↗

Eat on day 4

### Naan bread

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



Makes 2 piece(s)  
**naan bread**  
2 piece(s) (180g)

1. The recipe has no instructions.

### Edamame and chickpea salad

535 cals ● 24g protein ● 20g fat ● 44g carbs ● 20g fiber



**dried cranberries**  
2 1/2 tsp (8g)  
**olive oil**  
2 1/2 tsp (12mL)  
**vinegar**  
3/8 tsp (2mL)  
**italian seasoning**  
1/3 tsp (1g)  
**edamame beans, frozen**  
5 tbsp (47g)  
**chickpeas, canned, drained and rinsed**  
5/6 can(s) (358g)  
**bell pepper, diced**  
3/8 medium (48g)  
**carrots, diced**  
3/8 medium (24g)

1. Cook the edamame according to its package. Discard any pods.
2. In a large bowl, add the rinsed chickpeas, edamame beans, pepper, carrots, and cranberries. Set aside.
3. In a small bowl, mix together the olive oil, vinegar, and seasoning until blended.
4. Pour dressing over chickpea mixture and toss.
5. Best served chilled.

## Dinner 4

Eat on day 5

### Baked tofu

32 oz - 905 cals ● 88g protein ● 47g fat ● 22g carbs ● 11g fiber



Makes 32 oz

**soy sauce**  
1 cup (240mL)  
**sesame seeds**  
2 tbsp (18g)  
**extra firm tofu**  
2 lbs (907g)  
**fresh ginger, peeled and grated**  
2 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.

### Corn

92 cals ● 3g protein ● 1g fat ● 17g carbs ● 2g fiber



**frozen corn kernels**  
2/3 cup (91g)

1. Prepare according to instructions on package.

## Dinner 5 ↗

Eat on day 6 and day 7

### Vegan meatball sub

2 sub(s) - 936 cals ● 56g protein ● 24g fat ● 108g carbs ● 16g fiber



For single meal:

**sub roll(s)**  
2 roll(s) (170g)  
**nutritional yeast**  
2 tsp (3g)  
**pasta sauce**  
1/2 cup (130g)  
**vegan meatballs, frozen**  
8 meatball(s) (240g)

For all 2 meals:

**sub roll(s)**  
4 roll(s) (340g)  
**nutritional yeast**  
4 tsp (5g)  
**pasta sauce**  
1 cup (260g)  
**vegan meatballs, frozen**  
16 meatball(s) (480g)

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

### Raspberries

2 cup(s) - 144 cals ● 3g protein ● 2g fat ● 13g carbs ● 16g fiber



For single meal:

**raspberries**  
2 cup (246g)

For all 2 meals:

**raspberries**  
4 cup (492g)

1. Rinse raspberries and serve.

## Protein Supplement(s) ↗

Eat every day

### 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.