

Meal Plan - 3500 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

3406 cals ● 232g protein (27%) ● 81g fat (21%) ● 344g carbs (40%) ● 93g fiber (11%)

Breakfast

515 cals, 20g protein, 76g net carbs, 11g fat



Carrot sticks

4 carrot(s)- 108 cals



Soy milk yogurt

3 container- 407 cals

Snacks

490 cals, 25g protein, 43g net carbs, 16g fat



Kale chips

138 cals



Raspberries

1 1/2 cup(s)- 108 cals



Protein bar

1 bar- 245 cals

Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

Lunch

1210 cals, 54g protein, 135g net carbs, 28g fat



White bean cassoulet

962 cals



Simple salad with tomatoes and carrots

245 cals

Dinner

760 cals, 35g protein, 87g net carbs, 24g fat



Chik'n nuggets

10 2/3 nuggets- 588 cals



Orange

2 orange(s)- 170 cals

Day 2

3372 cals ● 249g protein (30%) ● 101g fat (27%) ● 310g carbs (37%) ● 56g fiber (7%)

Breakfast

515 cals, 20g protein, 76g net carbs, 11g fat



Carrot sticks

4 carrot(s)- 108 cals



Soy milk yogurt

3 container- 407 cals

Snacks

490 cals, 25g protein, 43g net carbs, 16g fat



Kale chips

138 cals



Raspberries

1 1/2 cup(s)- 108 cals



Protein bar

1 bar- 245 cals

Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

Lunch

1060 cals, 71g protein, 93g net carbs, 41g fat



Simple salad with tomatoes and carrots

147 cals



Crispy chik'n tenders

16 tender(s)- 914 cals

Dinner

870 cals, 36g protein, 94g net carbs, 32g fat



Carrot & grounds stir fry

332 cals



Simple mixed greens and tomato salad

265 cals



White rice

1 1/4 cup rice, cooked- 273 cals

Day 3

3360 cals ● 228g protein (27%) ● 111g fat (30%) ● 308g carbs (37%) ● 54g fiber (6%)

Breakfast

560 cals, 11g protein, 86g net carbs, 15g fat



Chocolate banana oatmeal

562 cals

Snacks

430 cals, 14g protein, 31g net carbs, 23g fat



Raspberries

1 cup(s)- 72 cals



Large granola bar

1 bar(s)- 176 cals



Pumpkin seeds

183 cals

Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

Lunch

1060 cals, 71g protein, 93g net carbs, 41g fat



Simple salad with tomatoes and carrots

147 cals



Crispy chik'n tenders

16 tender(s)- 914 cals

Dinner

870 cals, 36g protein, 94g net carbs, 32g fat



Carrot & grounds stir fry

332 cals



Simple mixed greens and tomato salad

265 cals



White rice

1 1/4 cup rice, cooked- 273 cals

Day 4

3567 cals ● 239g protein (27%) ● 136g fat (34%) ● 258g carbs (29%) ● 89g fiber (10%)

Breakfast

560 cals, 11g protein, 86g net carbs, 15g fat



Chocolate banana oatmeal
562 cals

Snacks

430 cals, 14g protein, 31g net carbs, 23g fat



Raspberries
1 cup(s)- 72 cals



Large granola bar
1 bar(s)- 176 cals



Pumpkin seeds
183 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

1145 cals, 50g protein, 91g net carbs, 49g fat



Mixed nuts
3/8 cup(s)- 327 cals



Chickpea & kale soup
818 cals

Dinner

995 cals, 67g protein, 47g net carbs, 48g fat



Edamame & beet salad
342 cals



Peanut tempeh
6 oz tempeh- 651 cals

Day 5

3493 cals ● 249g protein (29%) ● 159g fat (41%) ● 183g carbs (21%) ● 84g fiber (10%)

Breakfast

490 cals, 20g protein, 10g net carbs, 38g fat



Celery and peanut butter
218 cals



Sunflower seeds
271 cals

Snacks

430 cals, 14g protein, 31g net carbs, 23g fat



Raspberries
1 cup(s)- 72 cals



Large granola bar
1 bar(s)- 176 cals



Pumpkin seeds
183 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

1145 cals, 50g protein, 91g net carbs, 49g fat



Mixed nuts
3/8 cup(s)- 327 cals



Chickpea & kale soup
818 cals

Dinner

995 cals, 67g protein, 47g net carbs, 48g fat



Edamame & beet salad
342 cals



Peanut tempeh
6 oz tempeh- 651 cals

Day 6

3343 cals ● 243g protein (29%) ● 185g fat (50%) ● 121g carbs (15%) ● 55g fiber (7%)

Breakfast

490 cals, 20g protein, 10g net carbs, 38g fat



Celery and peanut butter
218 cals



Sunflower seeds
271 cals

Snacks

430 cals, 29g protein, 10g net carbs, 23g fat



Chocolate avocado vegan chia pudding
344 cals



Soy milk
1 cup(s)- 85 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

1030 cals, 41g protein, 23g net carbs, 82g fat



Walnut crusted tofu (vegan)
853 cals



Roasted tomatoes
3 tomato(es)- 179 cals

Dinner

960 cals, 56g protein, 75g net carbs, 40g fat



Basic tempeh
8 oz- 590 cals



White rice
1 cup rice, cooked- 218 cals



Simple mixed greens and tomato salad
151 cals

Day 7

3343 cals ● 243g protein (29%) ● 185g fat (50%) ● 121g carbs (15%) ● 55g fiber (7%)

Breakfast

490 cals, 20g protein, 10g net carbs, 38g fat



Celery and peanut butter
218 cals



Sunflower seeds
271 cals

Snacks

430 cals, 29g protein, 10g net carbs, 23g fat



Chocolate avocado vegan chia pudding
344 cals



Soy milk
1 cup(s)- 85 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

1030 cals, 41g protein, 23g net carbs, 82g fat



Walnut crusted tofu (vegan)
853 cals



Roasted tomatoes
3 tomato(es)- 179 cals

Dinner

960 cals, 56g protein, 75g net carbs, 40g fat



Basic tempeh
8 oz- 590 cals



White rice
1 cup rice, cooked- 218 cals



Simple mixed greens and tomato salad
151 cals

Grocery List



Spices and Herbs

- ☐ salt
1/2 tbsp (8g)
- ☐ crushed red pepper
1/3 tsp (1g)
- ☐ dijon mustard
3 tbsp (45g)

Vegetables and Vegetable Products

- ☐ kale leaves
16 1/2 oz (467g)
- ☐ carrots
15 1/2 medium (944g)
- ☐ ketchup
2/3 cup (181g)
- ☐ raw celery
7 1/4 stalk, medium (7-1/2" - 8" long) (290g)
- ☐ onion
2 medium (2-1/2" dia) (238g)
- ☐ garlic
16 clove(s) (48g)
- ☐ romaine lettuce
2 3/4 hearts (1375g)
- ☐ tomatoes
10 1/2 medium whole (2-3/5" dia) (1294g)
- ☐ fresh cilantro
2 tbsp, chopped (6g)
- ☐ edamame, frozen, shelled
2 cup (236g)
- ☐ beets, precooked (canned or refrigerated)
8 beet(s) (400g)

Fats and Oils

- ☐ olive oil
4 tsp (20mL)
- ☐ oil
4 oz (121mL)
- ☐ salad dressing
1 1/4 cup (309mL)
- ☐ balsamic vinaigrette
4 tbsp (60mL)
- ☐ vegan mayonnaise
6 tbsp (90g)

Fruits and Fruit Juices

- ☐ raspberries
6 cup (738g)

Beverages

- ☐ protein powder
29 scoop (1/3 cup ea) (899g)
- ☐ water
2 gallon (8026mL)
- ☐ almond milk, unsweetened
1 1/2 cup(s) (360mL)

Soups, Sauces, and Gravies

- ☐ vegetable broth
12 1/2 cup(s) (mL)

Legumes and Legume Products

- ☐ white beans, canned
1 1/4 can(s) (549g)
- ☐ vegetarian burger crumbles
1/2 lbs (227g)
- ☐ soy sauce
2 oz (45mL)
- ☐ chickpeas, canned
3 can(s) (1344g)
- ☐ tempeh
1 3/4 lbs (794g)
- ☐ peanut butter
7 oz (193g)
- ☐ firm tofu
1 1/2 lbs (680g)

Cereal Grains and Pasta

- ☐ long-grain white rice
1 1/2 cup (278g)

Sweets

- ☐ maple syrup
2 1/2 tsp (13mL)

Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats
1 1/4 cup(s) (101g)

Snacks

- ☐ large granola bar
3 bar (111g)

Nut and Seed Products

- ☐ **orange**
2 orange (308g)
- ☐ **lime juice**
2 tsp (10mL)
- ☐ **banana**
2 1/2 medium (7" to 7-7/8" long) (295g)
- ☐ **lemon juice**
1 1/4 fl oz (38mL)
- ☐ **avocados**
2 slices (50g)

- ☐ **roasted pumpkin seeds, unsalted**
3/4 cup (89g)
- ☐ **mixed nuts**
3/4 cup (101g)
- ☐ **sunflower kernels**
1/4 lbs (128g)
- ☐ **walnuts**
1 cup, chopped (116g)
- ☐ **chia seeds**
4 tbsp (57g)

Other

- ☐ **protein bar (20g protein)**
2 bar (100g)
 - ☐ **soy milk yogurt**
6 container(s) (902g)
 - ☐ **vegan chik'n nuggets**
10 2/3 nuggets (229g)
 - ☐ **meatless chik'n tenders**
32 pieces (816g)
 - ☐ **mixed greens**
20 1/2 cup (615g)
 - ☐ **chocolate chips**
5 tbsp (71g)
 - ☐ **nutritional yeast**
1 1/2 tbsp (6g)
 - ☐ **cacao powder**
2 tbsp (12g)
 - ☐ **soy milk, unsweetened**
2 cup(s) (mL)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Carrot sticks

4 carrot(s) - 108 cals ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



For single meal:

carrots
4 medium (244g)

For all 2 meals:

carrots
8 medium (488g)

1. Cut carrots into strips and serve.

Soy milk yogurt

3 container - 407 cals ● 18g protein ● 11g fat ● 59g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

soy milk yogurt
6 container(s) (902g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Chocolate banana oatmeal

562 cals ● 11g protein ● 15g fat ● 86g carbs ● 12g fiber



For single meal:

water
1 1/4 cup(s) (296mL)
maple syrup
1 1/4 tsp (6mL)
oatmeal, old-fashioned oats, rolled oats
5/8 cup(s) (51g)
chocolate chips
2 1/2 tbsp (35g)
banana, sliced
1 1/4 medium (7" to 7-7/8" long) (148g)

For all 2 meals:

water
2 1/2 cup(s) (593mL)
maple syrup
2 1/2 tsp (13mL)
oatmeal, old-fashioned oats, rolled oats
1 1/4 cup(s) (101g)
chocolate chips
5 tbsp (71g)
banana, sliced
2 1/2 medium (7" to 7-7/8" long) (295g)

1. Add all ingredients, but only half of the banana slices and microwave for about 2 minutes. Top with remaining banana slices and serve.
2. Note: You can mix the oatmeal, chocolate chips and maple syrup and store in your refrigerator for up to 5 days. When ready to eat, add water, half the banana slices, and microwave. Top with remaining banana.

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

Sunflower seeds

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



For single meal:

sunflower kernels
1 1/2 oz (43g)

For all 3 meals:

sunflower kernels
1/4 lbs (128g)

1. The recipe has no instructions.

Lunch 1 [↗](#)
Eat on day 1

White bean cassoulet

962 cals ● 44g protein ● 20g fat ● 117g carbs ● 35g fiber



vegetable broth
5/8 cup(s) (mL)
oil
1 1/4 tbsp (19mL)
raw celery, thinly sliced
1 1/4 stalk, medium (7-1 1/2" - 8" long) (50g)
carrots, peeled & slices
2 1/2 large (180g)
onion, diced
1 1/4 medium (2-1 1/2" dia) (138g)
garlic, minced
2 1/2 clove(s) (8g)
white beans, canned, drained & rinsed
1 1/4 can(s) (549g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

Simple salad with tomatoes and carrots

245 cals ● 10g protein ● 8g fat ● 18g carbs ● 16g fiber



salad dressing
2 tbsp (28mL)
carrots, sliced
5/8 medium (38g)
romaine lettuce, roughly chopped
1 1/4 hearts (625g)
tomatoes, diced
1 1/4 medium whole (2-3 5/8" dia) (154g)

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

Lunch 2 [↗](#)

Eat on day 2 and day 3

Simple salad with tomatoes and carrots

147 cal ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



For single meal:

salad dressing

1 tbsp (17mL)

carrots, sliced

3/8 medium (23g)

romaine lettuce, roughly chopped

3/4 hearts (375g)

tomatoes, diced

3/4 medium whole (2-3/5" dia)
(92g)

For all 2 meals:

salad dressing

2 1/4 tbsp (34mL)

carrots, sliced

3/4 medium (46g)

romaine lettuce, roughly chopped

1 1/2 hearts (750g)

tomatoes, diced

1 1/2 medium whole (2-3/5" dia)
(185g)

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

Crispy chik'n tenders

16 tender(s) - 914 cal ● 65g protein ● 36g fat ● 82g carbs ● 0g fiber



For single meal:

meatless chik'n tenders

16 pieces (408g)

ketchup

4 tbsp (68g)

For all 2 meals:

meatless chik'n tenders

32 pieces (816g)

ketchup

1/2 cup (136g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Lunch 3 [↗](#)

Eat on day 4 and day 5

Mixed nuts

3/8 cup(s) - 327 cals ● 10g protein ● 27g fat ● 7g carbs ● 3g fiber



For single meal:

mixed nuts
6 tbsp (50g)

For all 2 meals:

mixed nuts
3/4 cup (101g)

1. The recipe has no instructions.

Chickpea & kale soup

818 cals ● 40g protein ● 22g fat ● 84g carbs ● 32g fiber



For single meal:

vegetable broth
6 cup(s) (mL)
oil
1/2 tbsp (8mL)
kale leaves, chopped
3 cup, chopped (120g)
garlic, minced
3 clove(s) (9g)
chickpeas, canned, drained
1 1/2 can(s) (672g)

For all 2 meals:

vegetable broth
12 cup(s) (mL)
oil
1 tbsp (15mL)
kale leaves, chopped
6 cup, chopped (240g)
garlic, minced
6 clove(s) (18g)
chickpeas, canned, drained
3 can(s) (1344g)

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

Lunch 4 [↗](#)

Eat on day 6 and day 7

Walnut crusted tofu (vegan)

853 cals ● 39g protein ● 68g fat ● 16g carbs ● 6g fiber



For single meal:

lemon juice
1/2 tbsp (8mL)
dijon mustard
1 1/2 tbsp (23g)
vegan mayonnaise
3 tbsp (45g)
walnuts
1/2 cup, chopped (58g)
firm tofu, drained
3/4 lbs (340g)
garlic, diced
3 clove(s) (9g)

For all 2 meals:

lemon juice
1 tbsp (15mL)
dijon mustard
3 tbsp (45g)
vegan mayonnaise
6 tbsp (90g)
walnuts
1 cup, chopped (116g)
firm tofu, drained
1 1/2 lbs (680g)
garlic, diced
6 clove(s) (18g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the vegan mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Roasted tomatoes

3 tomato(es) - 179 cals ● 2g protein ● 14g fat ● 7g carbs ● 3g fiber



For single meal:

oil
1 tbsp (15mL)
tomatoes
3 small whole (2-2/5" dia) (273g)

For all 2 meals:

oil
2 tbsp (30mL)
tomatoes
6 small whole (2-2/5" dia) (546g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Kale chips

138 cal ● 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

Raspberries

1 1/2 cup(s) - 108 cal ● 2g protein ● 1g fat ● 10g carbs ● 12g fiber



For single meal:

raspberries
1 1/2 cup (185g)

For all 2 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.

Protein bar

1 bar - 245 cal ● 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.

Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:
raspberries
1 cup (123g)

For all 3 meals:
raspberries
3 cup (369g)

1. Rinse raspberries and serve.

Large granola bar

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



For single meal:
large granola bar
1 bar (37g)

For all 3 meals:
large granola bar
3 bar (111g)

1. The recipe has no instructions.

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 3 meals:

roasted pumpkin seeds, unsalted
3/4 cup (89g)

1. The recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6 and day 7

Chocolate avocado vegan chia pudding

344 cals ● 22g protein ● 19g fat ● 8g carbs ● 14g fiber



For single meal:

avocados
1 slices (25g)
cacao powder
1 tbsp (6g)
chia seeds
2 tbsp (28g)
almond milk, unsweetened
3/4 cup(s) (180mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

avocados
2 slices (50g)
cacao powder
2 tbsp (12g)
chia seeds
4 tbsp (57g)
almond milk, unsweetened
1 1/2 cup(s) (360mL)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

Dinner 1

Eat on day 1

Chik'n nuggets

10 2/3 nuggets - 588 cals  33g protein  24g fat  55g carbs  6g fiber



Makes 10 2/3 nuggets

ketchup

2 2/3 tbsp (45g)

vegan chik'n nuggets

10 2/3 nuggets (229g)

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

Orange

2 orange(s) - 170 cals  3g protein  0g fat  32g carbs  7g fiber



Makes 2 orange(s)

orange

2 orange (308g)

1. The recipe has no instructions.
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Dinner 2 [↗](#)

Eat on day 2 and day 3

Carrot & grounds stir fry

332 cals ● 25g protein ● 15g fat ● 15g carbs ● 10g fiber



For single meal:

carrots
1 1/3 large (96g)
vegetarian burger crumbles
4 oz (113g)
soy sauce
3 tsp (15mL)
water
2 tsp (10mL)
crushed red pepper
1 1/3 dash (0g)
lime juice
1 tsp (5mL)
oil
2 tsp (10mL)
garlic, minced
2/3 clove(s) (2g)
onion, chopped
1/3 large (50g)
fresh cilantro, chopped
3 tsp, chopped (3g)

For all 2 meals:

carrots
2 2/3 large (192g)
vegetarian burger crumbles
1/2 lbs (227g)
soy sauce
2 tbsp (30mL)
water
4 tsp (20mL)
crushed red pepper
1/3 tsp (1g)
lime juice
2 tsp (10mL)
oil
4 tsp (20mL)
garlic, minced
1 1/3 clove(s) (4g)
onion, chopped
2/3 large (100g)
fresh cilantro, chopped
2 tbsp, chopped (6g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro,

Simple mixed greens and tomato salad

265 cals ● 6g protein ● 16g fat ● 18g carbs ● 5g fiber



For single meal:

mixed greens
5 1/4 cup (158g)
tomatoes
14 tbsp cherry tomatoes (130g)
salad dressing
1/3 cup (79mL)

For all 2 meals:

mixed greens
10 1/2 cup (315g)
tomatoes
1 3/4 cup cherry tomatoes (261g)
salad dressing
2/3 cup (158mL)

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

White rice

1 1/4 cup rice, cooked - 273 cals ● 6g protein ● 1g fat ● 61g carbs ● 1g fiber



For single meal:

water
5/6 cup(s) (198mL)
long-grain white rice
6 2/3 tbsp (77g)

For all 2 meals:

water
1 2/3 cup(s) (395mL)
long-grain white rice
13 1/3 tbsp (154g)

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.

Dinner 3 [🔗](#)

Eat on day 4 and day 5

Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



For single meal:

mixed greens
2 cup (60g)
balsamic vinaigrette
2 tbsp (30mL)
edamame, frozen, shelled
1 cup (118g)
beets, precooked (canned or refrigerated), chopped
4 beet(s) (200g)

For all 2 meals:

mixed greens
4 cup (120g)
balsamic vinaigrette
4 tbsp (60mL)
edamame, frozen, shelled
2 cup (236g)
beets, precooked (canned or refrigerated), chopped
8 beet(s) (400g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Peanut tempeh

6 oz tempeh - 651 cals ● 49g protein ● 34g fat ● 22g carbs ● 15g fiber



For single meal:

tempeh
6 oz (170g)
peanut butter
3 tbsp (48g)
lemon juice
3/4 tbsp (11mL)
soy sauce
1/2 tbsp (8mL)
nutritional yeast
3/4 tbsp (3g)

For all 2 meals:

tempeh
3/4 lbs (340g)
peanut butter
6 tbsp (97g)
lemon juice
1 1/2 tbsp (23mL)
soy sauce
1 tbsp (15mL)
nutritional yeast
1 1/2 tbsp (6g)

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.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Basic tempeh

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



For single meal:

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

For all 2 meals:

tempeh
1 lbs (454g)
oil
2 2/3 tbsp (40mL)

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.

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.

Simple mixed greens and tomato salad

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



For single meal:

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

For all 2 meals:

mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)
salad dressing
6 tbsp (90mL)

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

