

Meal Plan - 1300 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

1314 cals ● 103g protein (31%) ● 42g fat (29%) ● 106g carbs (32%) ● 26g fiber (8%)

Breakfast

205 cals, 8g protein, 14g net carbs, 11g fat



Smashed raspberry almond butter toast
1 toast(s)- 203 cals

Lunch

410 cals, 12g protein, 46g net carbs, 16g fat



Strawberries
1 1/2 cup(s)- 78 cals



Vegan grilled cheese
1 sandwich(es)- 331 cals

Snacks

180 cals, 4g protein, 29g net carbs, 2g fat



Raspberries
1 cup(s)- 72 cals



Pretzels
110 cals

Dinner

305 cals, 31g protein, 16g net carbs, 12g fat



Simple seitan
4 oz- 244 cals



Roasted tomatoes
1 tomato(es)- 60 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Day 2

1324 cals ● 102g protein (31%) ● 40g fat (27%) ● 115g carbs (35%) ● 24g fiber (7%)

Breakfast

205 cals, 8g protein, 14g net carbs, 11g fat



Smashed raspberry almond butter toast
1 toast(s)- 203 cals

Lunch

420 cals, 11g protein, 55g net carbs, 15g fat



White rice
1/2 cup rice, cooked- 109 cals



Fruit juice
2/3 cup(s)- 76 cals



Lemon cream chickpeas
233 cals

Snacks

180 cals, 4g protein, 29g net carbs, 2g fat



Raspberries
1 cup(s)- 72 cals



Pretzels
110 cals

Dinner

305 cals, 31g protein, 16g net carbs, 12g fat



Simple seitan
4 oz- 244 cals



Roasted tomatoes
1 tomato(es)- 60 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Day 3

1339 cals ● 111g protein (33%) ● 47g fat (31%) ● 98g carbs (29%) ● 21g fiber (6%)

Breakfast

205 cals, 8g protein, 14g net carbs, 11g fat



Smashed raspberry almond butter toast
1 toast(s)- 203 cals



Mixed nuts
1/8 cup(s)- 109 cals



Chickpea & kale soup
273 cals

Snacks

105 cals, 14g protein, 3g net carbs, 4g fat



Protein shake (almond milk)
105 cals



Garlic pepper seitan
228 cals



Lemon rice
203 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Day 4

1361 cals ● 108g protein (32%) ● 42g fat (28%) ● 118g carbs (35%) ● 21g fiber (6%)

Breakfast

225 cals, 4g protein, 34g net carbs, 6g fat



Chocolate banana oatmeal
225 cals

Snacks

105 cals, 14g protein, 3g net carbs, 4g fat



Protein shake (almond milk)
105 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

380 cals, 17g protein, 30g net carbs, 16g fat



Mixed nuts
1/8 cup(s)- 109 cals



Chickpea & kale soup
273 cals

Dinner

430 cals, 24g protein, 49g net carbs, 15g fat



Garlic pepper seitan
228 cals



Lemon rice
203 cals

Day 5

1260 cals ● 95g protein (30%) ● 27g fat (19%) ● 132g carbs (42%) ● 27g fiber (9%)

Breakfast

225 cals, 4g protein, 34g net carbs, 6g fat



Chocolate banana oatmeal
225 cals

Snacks

105 cals, 14g protein, 3g net carbs, 4g fat



Protein shake (almond milk)
105 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

390 cals, 10g protein, 64g net carbs, 6g fat



Chickpea stuffed sweet potato
1/2 sweet potato(es)- 244 cals



Fruit juice
1 1/4 cup(s)- 143 cals

Dinner

325 cals, 18g protein, 30g net carbs, 10g fat



Raspberries
1 1/3 cup(s)- 96 cals



Crispy chik'n tenders
4 tender(s)- 229 cals

Day 6

1292 cals ● 108g protein (33%) ● 35g fat (25%) ● 109g carbs (34%) ● 27g fiber (8%)

Breakfast

220 cals, 16g protein, 30g net carbs, 3g fat



Coffee overnight protein oats (dairy-free)
163 cals



Fruit juice
1/2 cup(s)- 57 cals

Snacks

135 cals, 6g protein, 2g net carbs, 10g fat



Almond protein balls
1 ball(s)- 135 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

395 cals, 19g protein, 46g net carbs, 11g fat



Simple salad with celery, cucumber & tomato
85 cals



Mushroom quinoa lentil soup (vegan)
310 cals

Dinner

325 cals, 18g protein, 30g net carbs, 10g fat



Raspberries
1 1/3 cup(s)- 96 cals



Crispy chik'n tenders
4 tender(s)- 229 cals

Day 7

1262 cals ● 102g protein (32%) ● 44g fat (31%) ● 93g carbs (29%) ● 22g fiber (7%)

Breakfast

220 cals, 16g protein, 30g net carbs, 3g fat



Coffee overnight protein oats (dairy-free)
163 cals



Fruit juice
1/2 cup(s)- 57 cals

Snacks

135 cals, 6g protein, 2g net carbs, 10g fat



Almond protein balls
1 ball(s)- 135 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

395 cals, 19g protein, 46g net carbs, 11g fat



Simple salad with celery, cucumber & tomato
85 cals



Mushroom quinoa lentil soup (vegan)
310 cals

Dinner

295 cals, 13g protein, 13g net carbs, 19g fat



Sesame peanut zoodles
294 cals

Fruits and Fruit Juices

- ☐ raspberries
22 1/4 oz (631g)
- ☐ strawberries
1 1/2 cup, whole (216g)
- ☐ fruit juice
23 1/3 fl oz (700mL)
- ☐ lemon juice
1 1/2 tbsp (23mL)
- ☐ banana
1 medium (7" to 7-7/8" long) (118g)
- ☐ lime juice
1/2 tbsp (8mL)

Snacks

- ☐ pretzels, hard, salted
2 oz (57g)

Baked Products

- ☐ bread
1/3 lbs (160g)

Nut and Seed Products

- ☐ almond butter
3 oz (79g)
- ☐ flax seeds
3 dash (3g)
- ☐ coconut milk, canned
1 1/2 oz (42mL)
- ☐ mixed nuts
4 tbsp (34g)
- ☐ sesame seeds
4 dash (2g)
- ☐ chia seeds
4 dash (2g)

Fats and Oils

- ☐ oil
1 3/4 oz (52mL)
- ☐ olive oil
4 tsp (19mL)
- ☐ salad dressing
2 tbsp (30mL)

Other

Vegetables and Vegetable Products

- ☐ tomatoes
2 medium whole (2-3/5" dia) (264g)
- ☐ fresh spinach
1/2 oz (14g)
- ☐ garlic
6 2/3 clove(s) (20g)
- ☐ kale leaves
2 cup, chopped (80g)
- ☐ onion
3/4 medium (2-1/2" dia) (85g)
- ☐ green pepper
4 tsp, chopped (12g)
- ☐ shallots
1/4 clove(s) (14g)
- ☐ sweet potatoes
1/2 sweetpotato, 5" long (105g)
- ☐ ketchup
2 tbsp (34g)
- ☐ raw celery
1 1/3 stalk, medium (7-1/2" - 8" long) (53g)
- ☐ cucumber
2/3 cucumber (8-1/4") (201g)
- ☐ mushrooms
3 1/3 cup, pieces or slices (233g)
- ☐ green onions
1 tbsp, sliced (8g)
- ☐ zucchini
1 medium (196g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
8 cup(s) (mL)

Legumes and Legume Products

- ☐ chickpeas, canned
1 1/2 can(s) (680g)
- ☐ lentils, raw
1/4 cup (53g)
- ☐ peanut butter
2 tbsp (32g)
- ☐ soy sauce
1 tbsp (15mL)

Spices and Herbs

- ☐ black pepper
1 1/2 dash, ground (0g)

- ☐ **vegan cheese, sliced**
2 slice(s) (40g)
- ☐ **chocolate chips**
2 tbsp (28g)
- ☐ **balsamic glaze**
1/4 tbsp (4mL)
- ☐ **meatless chik'n tenders**
8 pieces (204g)
- ☐ **mixed greens**
2/3 package (5.5 oz) (103g)
- ☐ **italian seasoning**
1/2 tsp (2g)
- ☐ **almond flour**
1 tbsp (7g)
- ☐ **coleslaw mix**
1/2 cup (45g)

Beverages

- ☐ **protein powder**
18 1/4 oz (517g)
- ☐ **water**
16 cup (3802mL)
- ☐ **almond milk, unsweetened**
2 cup (521mL)
- ☐ **coffee, brewed**
3 tbsp (44g)

Cereal Grains and Pasta

- ☐ **seitan**
13 1/3 oz (378g)
- ☐ **long-grain white rice**
2/3 cup (123g)
- ☐ **quinoa, uncooked**
1/4 cup (47g)

- ☐ **salt**
3/4 dash (1g)
- ☐ **lemon pepper**
5 dash (1g)
- ☐ **paprika**
1/4 tsp (0g)
- ☐ **rosemary, dried**
1/4 tsp (0g)

Sweets

- ☐ **maple syrup**
1 tbsp (15mL)

Breakfast Cereals

- ☐ **oatmeal, old-fashioned oats, rolled oats**
3 oz (81g)



Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Smashed raspberry almond butter toast

1 toast(s) - 203 cals ● 8g protein ● 11g fat ● 14g carbs ● 5g fiber



For single meal:

bread
1 slice(s) (32g)
almond butter
1 tbsp (16g)
flax seeds
1 dash (1g)
raspberries
10 raspberries (19g)

For all 3 meals:

bread
3 slice(s) (96g)
almond butter
3 tbsp (48g)
flax seeds
3 dash (3g)
raspberries
30 raspberries (57g)

1. Toast bread (optional).
2. Spread almond butter over bread. Place raspberries on the almond butter and smash them gently using the back of a fork. Top with flax seeds and serve.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Chocolate banana oatmeal

225 cals ● 4g protein ● 6g fat ● 34g carbs ● 5g fiber



For single meal:

water
1/2 cup(s) (119mL)
maple syrup
1/2 tsp (3mL)
oatmeal, old-fashioned oats, rolled oats
1/4 cup(s) (20g)
chocolate chips
1 tbsp (14g)
banana, sliced
1/2 medium (7" to 7-7/8" long) (59g)

For all 2 meals:

water
1 cup(s) (237mL)
maple syrup
1 tsp (5mL)
oatmeal, old-fashioned oats, rolled oats
1/2 cup(s) (41g)
chocolate chips
2 tbsp (28g)
banana, sliced
1 medium (7" to 7-7/8" long) (118g)

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 6 and day 7

Coffee overnight protein oats (dairy-free)

163 cals ● 15g protein ● 3g fat ● 17g carbs ● 3g fiber



For single meal:

almond milk, unsweetened
2 tbsp (30mL)
oatmeal, old-fashioned oats, rolled
oats
4 tbsp (20g)
coffee, brewed
1 1/2 tbsp (22g)
maple syrup
1 tsp (5mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

almond milk, unsweetened
4 tbsp (60mL)
oatmeal, old-fashioned oats, rolled
oats
1/2 cup (41g)
coffee, brewed
3 tbsp (44g)
maple syrup
2 tsp (10mL)
protein powder
1 scoop (1/3 cup ea) (31g)

1. In a small airtight container, mix together all of the ingredients.
2. Place mixture to chill in the fridge overnight or for at least 4 hours.
Serve.

Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

fruit juice
4 fl oz (120mL)

For all 2 meals:

fruit juice
8 fl oz (240mL)

1. The recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Strawberries

1 1/2 cup(s) - 78 cal ● 2g protein ● 1g fat ● 12g carbs ● 4g fiber



Makes 1 1/2 cup(s)

strawberries

1 1/2 cup, whole (216g)

1. The recipe has no instructions.

Vegan grilled cheese

1 sandwich(es) - 331 cal ● 10g protein ● 16g fat ● 34g carbs ● 4g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

oil

1 tsp (5mL)

vegan cheese, sliced

2 slice(s) (40g)

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.
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Lunch 2 [↗](#)

Eat on day 2

White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber

Makes 1/2 cup rice, cooked



water

1/3 cup(s) (79mL)

long-grain white rice

2 2/3 tbsp (31g)

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.

Fruit juice

2/3 cup(s) - 76 cals ● 1g protein ● 0g fat ● 17g carbs ● 0g fiber

Makes 2/3 cup(s)



fruit juice

5 1/3 fl oz (160mL)

1. The recipe has no instructions.

Lemon cream chickpeas

233 cals ● 7g protein ● 14g fat ● 13g carbs ● 6g fiber



coconut milk, canned
1 1/2 oz (41mL)
vegetable broth
1/8 cup(s) (mL)
fresh spinach
1/2 oz (14g)
lemon juice
1/2 tbsp (8mL)
oil
1/4 tbsp (4mL)
garlic, minced
1/2 clove(s) (2g)
chickpeas, canned, drained & rinsed
1/2 cup(s) (120g)

1. Heat the oil in a large non-stick skillet over medium-high heat. Add the garlic and cook until fragrant, about 1 minute.
2. Stir in the vegetable broth, coconut milk, chickpeas, spinach, and some salt.
3. Bring the mixture to a simmer, then reduce the heat to medium. Cook until the spinach has wilted and the sauce has thickened, about 5-7 minutes.
4. Turn off the heat, stir in the lemon juice, and season with salt and pepper to taste. Serve.

Lunch 3 [🔗](#)

Eat on day 3 and day 4

Mixed nuts

1/8 cup(s) - 109 cal ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

mixed nuts
2 tbsp (17g)

For all 2 meals:

mixed nuts
4 tbsp (34g)

1. The recipe has no instructions.

Chickpea & kale soup

273 cal ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



For single meal:

vegetable broth
2 cup(s) (mL)
oil
1/2 tsp (3mL)
kale leaves, chopped
1 cup, chopped (40g)
garlic, minced
1 clove(s) (3g)
chickpeas, canned, drained
1/2 can(s) (224g)

For all 2 meals:

vegetable broth
4 cup(s) (mL)
oil
1 tsp (5mL)
kale leaves, chopped
2 cup, chopped (80g)
garlic, minced
2 clove(s) (6g)
chickpeas, canned, drained
1 can(s) (448g)

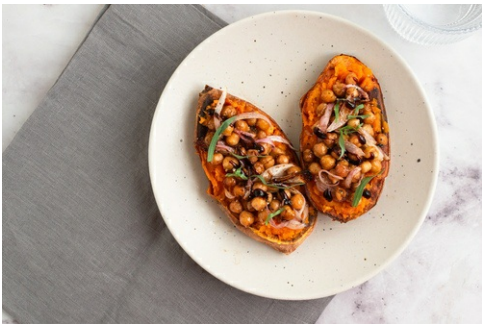
1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

Lunch 4 [🔗](#)

Eat on day 5

Chickpea stuffed sweet potato

1/2 sweet potato(es) - 244 cals ● 8g protein ● 6g fat ● 32g carbs ● 9g fiber



Makes 1/2 sweet potato(es)

- oil**
1/4 tbsp (4mL)
- balsamic glaze**
1/4 tbsp (4mL)
- shallots, chopped**
1/4 clove(s) (14g)
- sweet potatoes, halved lengthwise**
1/2 sweetpotato, 5" long (105g)
- chickpeas, canned, drained & rinsed**
1/4 can(s) (112g)

1. Preheat the oven to 425°F (220°C).
2. Rub a few drops of the oil on the sweet potato halves and season with salt and pepper. Place the sweet potato cut-side down on one half of a baking sheet. Roast in the oven for 20 minutes.
3. In a small bowl, mix the chickpeas and shallot with the remaining oil and season with some salt and pepper.
4. Remove the baking sheet from the oven and add the chickpea mixture to the other half of the pan. Roast for an additional 18-20 minutes, or until sweet potato is tender and the shallots are beginning to char.
5. Transfer the sweet potato to a plate and gently mash the flesh inside the skin. Make a divot in the mashed sweet potato and stuff it with the chickpea mixture.
6. Drizzle with balsamic glaze and serve.

Fruit juice

1 1/4 cup(s) - 143 cal ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber



- Makes 1 1/4 cup(s)
- fruit juice**
10 fl oz (300mL)

1. The recipe has no instructions.

Lunch 5 [🔗](#)

Eat on day 6 and day 7

Simple salad with celery, cucumber & tomato

85 cals ● 3g protein ● 3g fat ● 9g carbs ● 3g fiber



For single meal:

salad dressing
3 tsp (15mL)
raw celery, chopped
2/3 stalk, medium (7-1/2" - 8" long)
(27g)
mixed greens
1/3 package (5.5 oz) (52g)
cucumber, sliced
1/3 cucumber (8-1/4") (100g)
tomatoes, diced
1/3 medium whole (2-3/5" dia)
(41g)

For all 2 meals:

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)

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

Mushroom quinoa lentil soup (vegan)

310 cals ● 16g protein ● 8g fat ● 38g carbs ● 6g fiber



For single meal:

oil
1 tsp (4mL)
vegetable broth
1 2/3 cup(s) (mL)
almond milk, unsweetened
1/4 cup (50mL)
quinoa, uncooked
2 tbsp (23g)
lentils, raw
2 tbsp (26g)
paprika
1 dash (0g)
italian seasoning
1/4 tsp (1g)
rosemary, dried
1 dash (0g)
garlic, diced
1 1/4 clove(s) (4g)
onion, diced
3/8 small (29g)
mushrooms, roughly chopped
1 2/3 cup, pieces or slices (117g)

For all 2 meals:

oil
1/2 tbsp (8mL)
vegetable broth
3 1/3 cup(s) (mL)
almond milk, unsweetened
6 2/3 tbsp (100mL)
quinoa, uncooked
1/4 cup (47g)
lentils, raw
1/4 cup (53g)
paprika
1/4 tsp (0g)
italian seasoning
1/2 tsp (2g)
rosemary, dried
1/4 tsp (0g)
garlic, diced
2 1/2 clove(s) (8g)
onion, diced
5/6 small (58g)
mushrooms, roughly chopped
3 1/3 cup, pieces or slices (233g)

1. In a saucepan over medium heat, saute onions and garlic in oil until soft, a few minutes.
2. Add in mushrooms and spices and stir, cooking for a minute or two.
3. Add all remaining ingredients and bring to a simmer. Cook uncovered for about 20-25 minutes or until quinoa and lentils are soft. Serve.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Raspberries

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



For single meal:

raspberries
1 cup (123g)

For all 2 meals:

raspberries
2 cup (246g)

1. Rinse raspberries and serve.

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.
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Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

Protein shake (almond milk)

105 cals ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

almond milk, unsweetened
1/2 cup (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

almond milk, unsweetened
1 1/2 cup (360mL)
protein powder
1 1/2 scoop (1/3 cup ea) (47g)

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

Snacks 3 [↗](#)

Eat on day 6 and day 7

Almond protein balls

1 ball(s) - 135 cals ● 6g protein ● 10g fat ● 2g carbs ● 2g fiber



For single meal:

almond butter
1 tbsp (16g)
almond flour
1/2 tbsp (4g)
protein powder
1/2 tbsp (3g)

For all 2 meals:

almond butter
2 tbsp (31g)
almond flour
1 tbsp (7g)
protein powder
1 tbsp (6g)

1. Mix all ingredients together until well incorporated.
 2. Form into balls.
 3. Store any leftovers in an airtight container in the fridge.
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Dinner 1 [↗](#)

Eat on day 1 and day 2

Simple seitan

4 oz - 244 cals ● 30g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

seitan
4 oz (113g)
oil
1 tsp (5mL)

For all 2 meals:

seitan
1/2 lbs (227g)
oil
2 tsp (10mL)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
 2. Season with salt, pepper, or seasonings of choice. Serve.
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Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

oil
1 tsp (5mL)
tomatoes
1 small whole (2-2/5" dia) (91g)

For all 2 meals:

oil
2 tsp (10mL)
tomatoes
2 small whole (2-2/5" dia) (182g)

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.
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Dinner 2 [↗](#)

Eat on day 3 and day 4

Garlic pepper seitan

228 cals ● 20g protein ● 11g fat ● 11g carbs ● 1g fiber



For single meal:

olive oil
2 tsp (10mL)
onion
4 tsp, chopped (13g)
green pepper
2 tsp, chopped (6g)
black pepper
2/3 dash, ground (0g)
water
1 tsp (5mL)
salt
1/3 dash (0g)
seitan, chicken style
2 2/3 oz (76g)
garlic, minced
5/6 clove(s) (3g)

For all 2 meals:

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 (1g)
seitan, chicken style
1/3 lbs (151g)
garlic, minced
1 2/3 clove(s) (5g)

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.

Lemon rice

203 cals ● 4g protein ● 4g fat ● 38g carbs ● 1g fiber



For single meal:

water
1/4 cup(s) (59mL)
long-grain white rice
4 tbsp (46g)
lemon juice
1/2 tbsp (8mL)
lemon pepper
1/3 tsp (1g)
oil
1/4 tbsp (4mL)
vegetable broth
1/4 cup(s) (mL)

For all 2 meals:

water
1/2 cup(s) (119mL)
long-grain white rice
1/2 cup (93g)
lemon juice
1 tbsp (15mL)
lemon pepper
5 dash (1g)
oil
1/2 tbsp (8mL)
vegetable broth
1/2 cup(s) (mL)

1. Combine all ingredients EXCEPT lemon pepper in saucepan.
2. Bring to a boil, then reduce heat.
3. Cover pot and allow to simmer slowly for 20 minutes, or until liquid is absorbed.
4. Sprinkle with lemon pepper before serving.

Dinner 3 [↗](#)

Eat on day 5 and day 6

Raspberries

1 1/3 cup(s) - 96 cals ● 2g protein ● 1g fat ● 9g carbs ● 11g fiber



For single meal:

raspberries
1 1/3 cup (164g)

For all 2 meals:

raspberries
2 2/3 cup (328g)

1. Rinse raspberries and serve.

Crispy chik'n tenders

4 tender(s) - 229 cals ● 16g protein ● 9g fat ● 21g carbs ● 0g fiber



For single meal:

meatless chik'n tenders
4 pieces (102g)
ketchup
1 tbsp (17g)

For all 2 meals:

meatless chik'n tenders
8 pieces (204g)
ketchup
2 tbsp (34g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Dinner 4 [↗](#)

Eat on day 7

Sesame peanut zoodles

294 cals ● 13g protein ● 19g fat ● 13g carbs ● 6g fiber



coleslaw mix
1/2 cup (45g)
peanut butter
2 tbsp (32g)
soy sauce
1 tbsp (15mL)
sesame seeds
4 dash (2g)
green onions
1 tbsp, sliced (8g)
lime juice
1/2 tbsp (8mL)
chia seeds
4 dash (2g)
zucchini, spiralized
1 medium (196g)

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

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

protein powder
2 scoop (1/3 cup ea) (62g)
water
2 cup(s) (474mL)

For all 7 meals:

protein powder
14 scoop (1/3 cup ea) (434g)
water
14 cup(s) (3318mL)

1. The recipe has no instructions.