

Meal Plan - 1400 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

1399 cals ● 96g protein (27%) ● 54g fat (35%) ● 116g carbs (33%) ● 16g fiber (5%)

Breakfast

195 cals, 5g protein, 38g net carbs, 1g fat



Pretzels
193 cals

Snacks

245 cals, 5g protein, 14g net carbs, 17g fat



Popcorn
3 1/3 cups- 134 cals



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

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Lunch

415 cals, 23g protein, 21g net carbs, 24g fat



Roasted peanuts
1/4 cup(s)- 230 cals



Hummus & veggie deli sandwich
1/2 sandwich(es)- 185 cals

Dinner

385 cals, 28g protein, 41g net carbs, 11g fat



Flavored rice mix
143 cals



Simple seitan
3 oz- 183 cals



Roasted tomatoes
1 tomato(es)- 60 cals

Day 2

1377 cals ● 94g protein (27%) ● 54g fat (35%) ● 113g carbs (33%) ● 16g fiber (5%)

Breakfast

195 cals, 5g protein, 38g net carbs, 1g fat



Pretzels
193 cals

Snacks

245 cals, 5g protein, 14g net carbs, 17g fat



Popcorn
3 1/3 cups- 134 cals



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

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Lunch

415 cals, 23g protein, 21g net carbs, 24g fat



Roasted peanuts
1/4 cup(s)- 230 cals



Hummus & veggie deli sandwich
1/2 sandwich(es)- 185 cals

Dinner

365 cals, 25g protein, 39g net carbs, 11g fat



Maple seitan lettuce cups with vegan ranch
1 lettuce cup(s)- 278 cals



Brown rice
3/8 cup brown rice, cooked- 86 cals

Day 3

1438 cals ● 90g protein (25%) ● 49g fat (31%) ● 143g carbs (40%) ● 16g fiber (4%)

Breakfast

195 cals, 5g protein, 38g net carbs, 1g fat



Pretzels
193 cals

Snacks

245 cals, 5g protein, 14g net carbs, 17g fat



Popcorn
3 1/3 cups- 134 cals



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

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Lunch

475 cals, 19g protein, 50g net carbs, 19g fat



Vegan deli smashed avocado sandwich
1/2 sandwich(es)- 193 cals



Flavored rice mix
143 cals



Roasted cashews
1/6 cup(s)- 139 cals

Dinner

365 cals, 25g protein, 39g net carbs, 11g fat



Maple seitan lettuce cups with vegan ranch
1 lettuce cup(s)- 278 cals



Brown rice
3/8 cup brown rice, cooked- 86 cals

Day 4

1453 cals ● 109g protein (30%) ● 64g fat (40%) ● 89g carbs (24%) ● 23g fiber (6%)

Breakfast

230 cals, 20g protein, 13g net carbs, 9g fat



Clementine

1 clementine(s)- 39 cals



'Cheesy' tofu scramble

190 cals

Snacks

190 cals, 10g protein, 5g net carbs, 13g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Soy milk

3/4 cup(s)- 64 cals



Celery sticks

2 celery stalk- 13 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Lunch

475 cals, 19g protein, 50g net carbs, 19g fat



Vegan deli smashed avocado sandwich

1/2 sandwich(es)- 193 cals



Flavored rice mix

143 cals



Roasted cashews

1/6 cup(s)- 139 cals

Dinner

395 cals, 23g protein, 19g net carbs, 22g fat



Vegan tofu parmesan

1 tofu planks- 349 cals



Broccoli

1 1/2 cup(s)- 44 cals

Day 5

1364 cals ● 117g protein (34%) ● 52g fat (34%) ● 75g carbs (22%) ● 32g fiber (9%)

Breakfast

230 cals, 20g protein, 13g net carbs, 9g fat



Clementine

1 clementine(s)- 39 cals



'Cheesy' tofu scramble

190 cals

Snacks

190 cals, 10g protein, 5g net carbs, 13g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Soy milk

3/4 cup(s)- 64 cals



Celery sticks

2 celery stalk- 13 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Lunch

380 cals, 20g protein, 43g net carbs, 8g fat



Simple vegan garlic bread

1 slice(s)- 126 cals



Lentil pasta

252 cals

Dinner

400 cals, 30g protein, 13g net carbs, 22g fat



Cajun tofu

314 cals



Broccoli

3 cup(s)- 87 cals

Day 6

1366 cals ● 112g protein (33%) ● 40g fat (26%) ● 110g carbs (32%) ● 29g fiber (9%)

Breakfast

180 cals, 4g protein, 22g net carbs, 7g fat



Nectarine

1 nectarine(s)- 70 cals



Trail mix

1/8 cup(s)- 112 cals

Snacks

185 cals, 8g protein, 22g net carbs, 5g fat



Clementine

1 clementine(s)- 39 cals



Hummus toast

1 slice(s)- 146 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Lunch

435 cals, 28g protein, 30g net carbs, 19g fat



Chunky canned soup (non-creamy)

1 can(s)- 247 cals



Soy milk

1 cup(s)- 85 cals



Roasted cashews

1/8 cup(s)- 104 cals

Dinner

400 cals, 37g protein, 34g net carbs, 8g fat



Vegan crumbles

1 3/4 cup(s)- 256 cals



Flavored rice mix

143 cals

Day 7

1366 cals ● 112g protein (33%) ● 40g fat (26%) ● 110g carbs (32%) ● 29g fiber (9%)

Breakfast

180 cals, 4g protein, 22g net carbs, 7g fat



Nectarine

1 nectarine(s)- 70 cals



Trail mix

1/8 cup(s)- 112 cals

Snacks

185 cals, 8g protein, 22g net carbs, 5g fat



Clementine

1 clementine(s)- 39 cals



Hummus toast

1 slice(s)- 146 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Lunch

435 cals, 28g protein, 30g net carbs, 19g fat



Chunky canned soup (non-creamy)

1 can(s)- 247 cals



Soy milk

1 cup(s)- 85 cals



Roasted cashews

1/8 cup(s)- 104 cals

Dinner

400 cals, 37g protein, 34g net carbs, 8g fat



Vegan crumbles

1 3/4 cup(s)- 256 cals



Flavored rice mix

143 cals

Other

- ☐ Popcorn, microwave, salted
10 cup popped (110g)
- ☐ plant-based deli slices
11 slices (114g)
- ☐ smoked paprika
1/2 tsp (1g)
- ☐ vegan ranch
1 tbsp (15mL)
- ☐ mixed greens
1/2 cup (15g)
- ☐ soy milk, unsweetened
3 1/2 cup(s) (mL)
- ☐ nutritional yeast
2/3 oz (19g)
- ☐ vegan cheese, shredded
1 oz (28g)
- ☐ lentil pasta
2 oz (57g)

Nut and Seed Products

- ☐ mixed nuts
6 tbsp (50g)
- ☐ roasted cashews
2/3 cup (91g)
- ☐ roasted almonds
2 tsp (6g)

Snacks

- ☐ pretzels, hard, salted
1/3 lbs (149g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
1 1/4 pouch (~5.6 oz) (198g)

Cereal Grains and Pasta

- ☐ seitan
1/2 lbs (255g)
- ☐ brown rice
4 tbsp (48g)
- ☐ cornstarch
1/2 tbsp (4g)

Fats and Oils

Beverages

- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water
2/3 gallon (2650mL)

Legumes and Legume Products

- ☐ roasted peanuts
3/4 cup (116g)
- ☐ hummus
1/2 cup (120g)
- ☐ firm tofu
2 lbs (879g)
- ☐ vegetarian burger crumbles
3 1/2 cup (350g)

Baked Products

- ☐ bread
1/2 lbs (224g)

Sweets

- ☐ maple syrup
1 tbsp (15mL)
- ☐ M&M's
1/6 package (1.69 oz) (8g)

Spices and Herbs

- ☐ salt
1/2 tsp (3g)
- ☐ black pepper
1 1/2 dash, ground (0g)
- ☐ turmeric, ground
2 dash (1g)
- ☐ cajun seasoning
1 tsp (2g)

Soups, Sauces, and Gravies

- ☐ hot sauce
1 tsp (5mL)
- ☐ pizza sauce
1 1/2 tbsp (24g)
- ☐ pasta sauce
1/8 jar (24 oz) (84g)
- ☐ chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

- ☐ oil
1 oz (35mL)
- ☐ olive oil
1 tsp (5mL)

Vegetables and Vegetable Products

- ☐ tomatoes
1 small whole (2-2/5" dia) (91g)
 - ☐ cucumber
1/4 cucumber (8-1/4") (68g)
 - ☐ romaine lettuce
2 leaf inner (12g)
 - ☐ shallots
1/2 shallot (57g)
 - ☐ raw celery
4 stalk, medium (7-1/2" - 8" long) (160g)
 - ☐ garlic
2 clove(s) (6g)
 - ☐ frozen broccoli
4 1/2 cup (410g)
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Fruits and Fruit Juices

- ☐ avocados
1/3 avocado(s) (67g)
- ☐ clementines
4 fruit (296g)
- ☐ nectarine
2 medium (2-1/2" dia) (284g)
- ☐ raisins
4 tsp (not packed) (12g)

Recipes



Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Pretzels

193 cals ● 5g protein ● 1g fat ● 38g carbs ● 2g fiber



For single meal:

pretzels, hard, salted
1 3/4 oz (50g)

For all 3 meals:

pretzels, hard, salted
1/3 lbs (149g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines
1 fruit (74g)

For all 2 meals:

clementines
2 fruit (148g)

1. The recipe has no instructions.

'Cheesy' tofu scramble

190 cals ● 20g protein ● 9g fat ● 6g carbs ● 2g fiber



For single meal:

turmeric, ground
1 dash (0g)
salt
1 dash (1g)
nutritional yeast
2 tbsp (8g)
water
1 tbsp (15mL)
firm tofu, drained
1/2 lbs (198g)
garlic, minced
1/2 clove (2g)

For all 2 meals:

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)

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

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted
1 medium (2-1/2" dia) (142g)

For all 2 meals:

nectarine, pitted
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

Trail mix

1/8 cup(s) - 112 cals ● 3g protein ● 7g fat ● 10g carbs ● 1g fiber



For single meal:

roasted cashews
2 tsp (6g)
roasted peanuts
1 tsp (3g)
raisins
2 tsp (not packed) (6g)
roasted almonds
1 tsp (3g)
M&M's
1/8 package (1.69 oz) (4g)

For all 2 meals:

roasted cashews
4 tsp (11g)
roasted peanuts
2 tsp (6g)
raisins
4 tsp (not packed) (12g)
roasted almonds
2 tsp (6g)
M&M's
1/6 package (1.69 oz) (8g)

1. Mix the ingredients together and enjoy.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

roasted peanuts
4 tbsp (37g)

For all 2 meals:

roasted peanuts
1/2 cup (73g)

1. The recipe has no instructions.

Hummus & veggie deli sandwich

1/2 sandwich(es) - 185 cals ● 14g protein ● 5g fat ● 16g carbs ● 4g fiber



For single meal:

bread
1 slice(s) (32g)
plant-based deli slices
3 slices (31g)
hummus
1 1/2 tbsp (23g)
cucumber
2 tbsp slices (13g)

For all 2 meals:

bread
2 slice(s) (64g)
plant-based deli slices
6 slices (62g)
hummus
3 tbsp (45g)
cucumber
4 tbsp slices (26g)

1. Toast bread, if desired.
2. Spread hummus onto the bread.
3. Assemble the remaining ingredients into a sandwich. Serve.

Lunch 2 [🔗](#)

Eat on day 3 and day 4

Vegan deli smashed avocado sandwich

1/2 sandwich(es) - 193 cals ● 11g protein ● 8g fat ● 15g carbs ● 5g fiber



For single meal:

plant-based deli slices

2 1/2 slices (26g)

bread

1 slice(s) (32g)

hot sauce

1/2 tsp (3mL)

mixed greens

4 tbsp (8g)

avocados, peeled & deseeded

1/6 avocado(s) (34g)

For all 2 meals:

plant-based deli slices

5 slices (52g)

bread

2 slice(s) (64g)

hot sauce

1 tsp (5mL)

mixed greens

1/2 cup (15g)

avocados, peeled & deseeded

1/3 avocado(s) (67g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.

Flavored rice mix

143 cals ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



For single meal:

flavored rice mix

1/4 pouch (~5.6 oz) (40g)

For all 2 meals:

flavored rice mix

1/2 pouch (~5.6 oz) (79g)

1. Prepare according to instructions on package.

Roasted cashews

1/6 cup(s) - 139 cals ● 3g protein ● 11g fat ● 7g carbs ● 1g fiber



For single meal:

roasted cashews

2 2/3 tbsp (23g)

For all 2 meals:

roasted cashews

1/3 cup (46g)

1. The recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 5

Simple vegan garlic bread

1 slice(s) - 126 cals ● 4g protein ● 6g fat ● 13g carbs ● 2g fiber



Makes 1 slice(s)

bread

1 slice (32g)

olive oil

1 tsp (5mL)

garlic, minced

1 clove(s) (3g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

Lentil pasta

252 cals ● 16g protein ● 2g fat ● 30g carbs ● 12g fiber



pasta sauce

1/8 jar (24 oz) (84g)

lentil pasta

2 oz (57g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:

chunky canned soup (non-creamy varieties)

1 can (~19 oz) (526g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

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.

Roasted cashews
1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:
roasted cashews
2 tbsp (17g)

For all 2 meals:
roasted cashews
4 tbsp (34g)

- 1. The recipe has no instructions.

Snacks 1 [🔗](#)
Eat on day 1, day 2, and day 3

Popcorn
3 1/3 cups - 134 cals ● 2g protein ● 8g fat ● 11g carbs ● 2g fiber



For single meal:
Popcorn, microwave, salted
3 1/3 cup popped (37g)

For all 3 meals:
Popcorn, microwave, salted
10 cup popped (110g)

- 1. Follow instructions on package.

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



For single meal:

mixed nuts
2 tbsp (17g)

For all 3 meals:

mixed nuts
6 tbsp (50g)

1. The recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4 and day 5

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 2 meals:

roasted peanuts
4 tbsp (37g)

1. The recipe has no instructions.

Soy milk

3/4 cup(s) - 64 cals ● 5g protein ● 3g fat ● 2g carbs ● 2g fiber



For single meal:

soy milk, unsweetened
3/4 cup(s) (mL)

For all 2 meals:

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

1. The recipe has no instructions.

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

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

For all 2 meals:

raw celery

4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Clementine

1 clementine(s) - 39 cal● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines

1 fruit (74g)

For all 2 meals:

clementines

2 fruit (148g)

1. The recipe has no instructions.

Hummus toast

1 slice(s) - 146 cal● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

bread

1 slice (32g)

hummus

2 1/2 tbsp (38g)

For all 2 meals:

bread

2 slice (64g)

hummus

5 tbsp (75g)

1. (Optional) Toast bread.
 2. Spread hummus over bread and serve.
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Dinner 1 [↗](#)

Eat on day 1

Flavored rice mix

143 cals ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



flavored rice mix
1/4 pouch (~5.6 oz) (40g)

1. Prepare according to instructions on package.

Simple seitan

3 oz - 183 cals ● 23g protein ● 6g fat ● 10g carbs ● 0g fiber



Makes 3 oz

seitan
3 oz (85g)
oil
1/4 tbsp (4mL)

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.

Roasted tomatoes

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



Makes 1 tomato(es)

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

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 2 and day 3

Maple seitan lettuce cups with vegan ranch

1 lettuce cup(s) - 278 cals ● 24g protein ● 10g fat ● 22g carbs ● 2g fiber



For single meal:

smoked paprika
1/4 tsp (1g)
oil
1 tsp (5mL)
romaine lettuce
1 leaf inner (6g)
maple syrup
1/2 tbsp (8mL)
vegan ranch
1/2 tbsp (8mL)
shallots, sliced
1/4 shallot (28g)
seitan, crumbled
3 oz (85g)
cucumber, diced
3 slices (21g)

For all 2 meals:

smoked paprika
1/2 tsp (1g)
oil
2 tsp (10mL)
romaine lettuce
2 leaf inner (12g)
maple syrup
1 tbsp (15mL)
vegan ranch
1 tbsp (15mL)
shallots, sliced
1/2 shallot (57g)
seitan, crumbled
6 oz (170g)
cucumber, diced
6 slices (42g)

1. Heat oil in a skillet over medium heat.
2. Add shallot and some salt and pepper to the skillet. Cook 1-2 minutes until softened. Add seitan and paprika and stir until coated. Cook undisturbed for 4-5 or until seitan starts becoming crispy. Stir and cook another 4-5 minutes until all of the seitan is crispy.
3. Turn off heat. Stir in maple syrup.
4. Add seitan to lettuce cups and top with cucumber and a drizzle of vegan ranch. Serve.

Brown rice

3/8 cup brown rice, cooked - 86 cals ● 2g protein ● 1g fat ● 17g carbs ● 1g fiber



For single meal:

salt
3/4 dash (1g)
water
1/4 cup(s) (59mL)
black pepper
3/4 dash, ground (0g)
brown rice
2 tbsp (24g)

For all 2 meals:

salt
1 1/2 dash (1g)
water
1/2 cup(s) (119mL)
black pepper
1 1/2 dash, ground (0g)
brown rice
4 tbsp (48g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Dinner 3 [↗](#)

Eat on day 4

Vegan tofu parmesan

1 tofu planks - 349 cals ● 19g protein ● 22g fat ● 16g carbs ● 3g fiber



Makes 1 tofu planks

pizza sauce

1 1/2 tbsp (24g)

oil

1/2 tbsp (8mL)

cornstarch

1/2 tbsp (4g)

nutritional yeast

1 tbsp (4g)

vegan cheese, shredded

1 oz (28g)

firm tofu, patted dry

1/2 lbs (198g)

1. Preheat the oven to 450°F (230°C).
2. Slice the tofu lengthwise into flat, wide planks that resemble rectangular slabs. A 14oz (397g) block of tofu will yield two 7oz (198g) planks.
3. In a shallow plate, whisk together cornstarch, nutritional yeast, and a pinch of salt and pepper. Press the tofu planks into the mixture, ensuring all sides are fully coated.
4. Heat oil in a skillet over medium-high heat. Add the tofu and cook until golden brown and crispy, about 3-4 minutes per side.
5. Transfer the tofu planks to a baking sheet. Spread pizza sauce over each plank and sprinkle with vegan cheese.
6. Roast in the oven until the cheese is melted and slightly crispy, about 8-10 minutes. Serve.

Broccoli

1 1/2 cup(s) - 44 cals ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

frozen broccoli

1 1/2 cup (137g)

1. Prepare according to instructions on package.

Dinner 4 [↗](#)

Eat on day 5

Cajun tofu

314 cals ● 22g protein ● 22g fat ● 7g carbs ● 1g fiber



cajun seasoning

1 tsp (2g)

oil

2 tsp (10mL)

firm tofu, patted dry & cubed

10 oz (284g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Broccoli

3 cup(s) - 87 cals ● 8g protein ● 0g fat ● 6g carbs ● 8g fiber



Makes 3 cup(s)

frozen broccoli

3 cup (273g)

1. Prepare according to instructions on package.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Vegan crumbles

1 3/4 cup(s) - 256 cals ● 33g protein ● 8g fat ● 5g carbs ● 10g fiber



For single meal:

vegetarian burger crumbles

1 3/4 cup (175g)

For all 2 meals:

vegetarian burger crumbles

3 1/2 cup (350g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

Flavored rice mix

143 cals ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



For single meal:
flavored rice mix
1/4 pouch (~5.6 oz) (40g)

For all 2 meals:
flavored rice mix
1/2 pouch (~5.6 oz) (79g)

1. Prepare according to instructions on package.

Protein Supplement(s)

Eat every day

Protein shake

1 1/2 scoop - 164 cals ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:
protein powder
1 1/2 scoop (1/3 cup ea) (47g)
water
1 1/2 cup(s) (356mL)

For all 7 meals:
protein powder
10 1/2 scoop (1/3 cup ea) (326g)
water
10 1/2 cup(s) (2489mL)

1. The recipe has no instructions.
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