

# Meal Plan - 1400 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

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

### 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

### 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

### 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

### Protein Supplement(s)

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



Protein shake  
1 1/2 scoop- 164 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

### 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

### 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

### 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

### Protein Supplement(s)

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



#### Protein shake

1 1/2 scoop- 164 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

### 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

### Snacks

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



#### Clementine

1 clementine(s)- 39 cals



#### Hummus toast

1 slice(s)- 146 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

### Protein Supplement(s)

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



#### Protein shake

1 1/2 scoop- 164 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

## 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

## Snacks

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



### Clementine

1 clementine(s)- 39 cals



### Hummus toast

1 slice(s)- 146 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

## Protein Supplement(s)

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



### Protein shake

1 1/2 scoop- 164 cals

# Grocery List



## 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)

## 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.

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## Breakfast 3

Eat on day 6 and day 7

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### 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.

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### 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.

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## Snacks 2 ↗

Eat on day 4 and day 5

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### 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.

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## 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.

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## 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.

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## Snacks 3

Eat on day 6 and day 7

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### 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.

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### Hummus toast

1 slice(s) - 146 cals ● 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.

## 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.

## 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.

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## Protein Supplement(s)

Eat every day

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### 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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