

Meal Plan - 3000 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

2967 cals ● 237g protein (32%) ● 117g fat (35%) ● 195g carbs (26%) ● 47g fiber (6%)

Breakfast

460 cals, 18g protein, 19g net carbs, 32g fat



Almond yogurt

1 container(s)- 191 cals



Almond protein balls

2 ball(s)- 270 cals

Snacks

345 cals, 42g protein, 21g net carbs, 8g fat



Kiwi

2 kiwi- 94 cals



Double chocolate almond milk protein shake

251 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Lunch

825 cals, 48g protein, 43g net carbs, 51g fat



Tomato cucumber salad

71 cals



Lemon pepper tofu

21 oz- 756 cals

Dinner

955 cals, 46g protein, 109g net carbs, 25g fat



Chickpea & kale soup

682 cals



Soy milk yogurt

2 container- 271 cals

Day 2

2978 cals ● 263g protein (35%) ● 94g fat (28%) ● 214g carbs (29%) ● 56g fiber (7%)

Breakfast

460 cals, 18g protein, 19g net carbs, 32g fat



Almond yogurt
1 container(s)- 191 cals



Almond protein balls
2 ball(s)- 270 cals

Snacks

345 cals, 42g protein, 21g net carbs, 8g fat



Kiwi
2 kiwi- 94 cals



Double chocolate almond milk protein shake
251 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

840 cals, 73g protein, 62g net carbs, 28g fat



Vegan sausage
2 sausage(s)- 536 cals



Tomato cucumber salad
71 cals



Lentils
231 cals

Dinner

955 cals, 46g protein, 109g net carbs, 25g fat



Chickpea & kale soup
682 cals



Soy milk yogurt
2 container- 271 cals

Day 3

3014 cals ● 192g protein (26%) ● 100g fat (30%) ● 275g carbs (37%) ● 60g fiber (8%)

Breakfast

460 cals, 18g protein, 19g net carbs, 32g fat



Almond yogurt
1 container(s)- 191 cals



Almond protein balls
2 ball(s)- 270 cals

Snacks

355 cals, 10g protein, 32g net carbs, 19g fat



Rice cake
4 cake(s)- 139 cals



Mixed nuts
1/4 cup(s)- 218 cals

Lunch

870 cals, 37g protein, 101g net carbs, 23g fat



Lentil pasta
505 cals



Tomato cucumber salad
141 cals



Plantain chips
226 cals

Dinner

945 cals, 43g protein, 120g net carbs, 25g fat



Harvest beet bowl
541 cals



Naan bread
1 piece(s)- 262 cals



Soy milk
1 2/3 cup(s)- 141 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Day 4

2975 cals ● 192g protein (26%) ● 73g fat (22%) ● 325g carbs (44%) ● 61g fiber (8%)

Breakfast

420 cals, 18g protein, 68g net carbs, 5g fat



Applesauce
171 cals



Cinnamon banana almond protein oats
251 cals

Lunch

870 cals, 37g protein, 101g net carbs, 23g fat



Lentil pasta
505 cals



Tomato cucumber salad
141 cals



Plantain chips
226 cals

Snacks

355 cals, 10g protein, 32g net carbs, 19g fat



Rice cake
4 cake(s)- 139 cals



Mixed nuts
1/4 cup(s)- 218 cals

Dinner

945 cals, 43g protein, 120g net carbs, 25g fat



Harvest beet bowl
541 cals



Naan bread
1 piece(s)- 262 cals



Soy milk
1 2/3 cup(s)- 141 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Day 5

2958 cals ● 205g protein (28%) ● 93g fat (28%) ● 265g carbs (36%) ● 60g fiber (8%)

Breakfast

420 cals, 18g protein, 68g net carbs, 5g fat



Applesauce

171 cals



Cinnamon banana almond protein oats

251 cals

Lunch

875 cals, 41g protein, 119g net carbs, 17g fat



Naan bread

1 piece(s)- 262 cals



Lentil and veggie soup

463 cals



Simple mixed greens and tomato salad

151 cals

Snacks

390 cals, 8g protein, 39g net carbs, 20g fat



Banana

1 banana(s)- 117 cals



Kale chips

275 cals

Dinner

890 cals, 54g protein, 37g net carbs, 50g fat



Peanut tempeh

6 oz tempeh- 651 cals



Simple mixed greens salad

237 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Day 6

2968 cals ● 225g protein (30%) ● 100g fat (30%) ● 240g carbs (32%) ● 52g fiber (7%)

Breakfast

460 cals, 21g protein, 10g net carbs, 33g fat



Roasted almonds

1/6 cup(s)- 166 cals



Soy milk

1 1/4 cup(s)- 106 cals



Pistachios

188 cals

Lunch

875 cals, 41g protein, 119g net carbs, 17g fat



Naan bread

1 piece(s)- 262 cals



Lentil and veggie soup

463 cals



Simple mixed greens and tomato salad

151 cals

Snacks

390 cals, 8g protein, 39g net carbs, 20g fat



Banana

1 banana(s)- 117 cals



Kale chips

275 cals

Dinner

860 cals, 71g protein, 70g net carbs, 29g fat



Garlic pepper seitan

571 cals



Lentils

289 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Day 7

2965 cals ● 225g protein (30%) ● 104g fat (32%) ● 240g carbs (32%) ● 41g fiber (6%)

Breakfast

460 cals, 21g protein, 10g net carbs, 33g fat



Roasted almonds

1/6 cup(s)- 166 cals



Soy milk

1 1/4 cup(s)- 106 cals



Pistachios

188 cals

Snacks

390 cals, 8g protein, 39g net carbs, 20g fat



Banana

1 banana(s)- 117 cals



Kale chips

275 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Lunch

870 cals, 41g protein, 118g net carbs, 22g fat



Simple mixed greens salad

136 cals



Tofu alfredo pasta with broccoli

736 cals

Dinner

860 cals, 71g protein, 70g net carbs, 29g fat



Garlic pepper seitan

571 cals



Lentils

289 cals

Grocery List



Fats and Oils

- salad dressing**
2/3 lbs (304mL)
- oil**
1 oz (35mL)
- olive oil**
1/4 lbs (133mL)

Vegetables and Vegetable Products

- red onion**
1 1/2 small (105g)
- cucumber**
1 1/2 cucumber (8-1/4") (452g)
- tomatoes**
4 1/4 medium whole (2-3/5" dia) (518g)
- kale leaves**
2 1/2 lbs (1117g)
- garlic**
14 2/3 clove(s) (44g)
- beets, precooked (canned or refrigerated)**
6 beet(s) (300g)
- frozen mixed veggies**
2 1/2 cup (338g)
- onion**
6 3/4 tbsp, chopped (67g)
- green pepper**
1/4 cup, chopped (31g)
- frozen broccoli**
3/8 package (118g)

Cereal Grains and Pasta

- cornstarch**
3 tbsp (24g)
- wild rice, raw**
1/2 cup (80g)
- seitan**
13 1/3 oz (378g)
- uncooked dry pasta**
5 oz (143g)

Spices and Herbs

- lemon pepper**
1/4 tbsp (2g)
- salt**
1 oz (27g)
- apple cider vinegar**
1/2 tbsp (8g)

Other

- almond yogurt, flavored**
3 container (450g)
- almond flour**
3 tbsp (21g)
- protein powder, chocolate**
3 scoop (1/3 cup ea) (93g)
- soy milk yogurt**
4 container(s) (601g)
- vegan sausage**
2 sausage (200g)
- lentil pasta**
1/2 lbs (227g)
- soy milk, unsweetened**
6 cup(s) (mL)
- nutritional yeast**
2 1/2 tbsp (9g)
- mixed greens**
14 1/4 cup (428g)

Nut and Seed Products

- almond butter**
6 tbsp (94g)
- mixed nuts**
1/2 cup (67g)
- almonds**
6 tbsp, whole (54g)
- pistachios, shelled**
1/2 cup (62g)

Beverages

- protein powder**
1 3/4 lbs (808g)
- water**
2 gallon (7718mL)
- almond milk, unsweetened**
2 1/2 cup (590mL)

Sweets

- cocoa powder**
1 tbsp (5g)
- maple syrup**
2 tsp (10mL)

Soups, Sauces, and Gravies

- vegetable broth**
13 1/3 cup(s) (mL)

- cinnamon**
1 tsp (3g)
- black pepper**
1/2 tsp, ground (1g)
- basil, dried**
1/4 tbsp, ground (1g)

Fruits and Fruit Juices

- lemon**
1 1/2 small (87g)
- kiwi**
4 fruit (276g)
- lemon juice**
1/4 cup (56mL)
- applesauce**
6 to-go container (~4 oz) (732g)
- banana**
4 medium (7" to 7-7/8" long) (472g)

Legumes and Legume Products

- firm tofu**
1 3/4 lbs (784g)
- chickpeas, canned**
2 1/2 can(s) (1120g)
- lentils, raw**
2 1/2 cup (480g)
- tempeh**
6 oz (170g)
- peanut butter**
3 tbsp (48g)
- soy sauce**
1/2 tbsp (8mL)

- pasta sauce**
1/2 jar (24 oz) (336g)

Snacks

- rice cakes, any flavor**
8 cake (72g)
- Plantain chips**
3 oz (85g)

Baked Products

- naan bread**
4 piece(s) (360g)

Breakfast Cereals

- oatmeal, old-fashioned oats, rolled oats**
1/2 cup (41g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Almond yogurt

1 container(s) - 191 cals ● 5g protein ● 11g fat ● 15g carbs ● 3g fiber



For single meal:

almond yogurt, flavored
1 container (150g)

For all 3 meals:

almond yogurt, flavored
3 container (450g)

1. The recipe has no instructions.

Almond protein balls

2 ball(s) - 270 cals ● 13g protein ● 21g fat ● 4g carbs ● 4g fiber



For single meal:

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

For all 3 meals:

almond butter
6 tbsp (94g)
almond flour
3 tbsp (21g)
protein powder
3 tbsp (17g)

1. Mix all ingredients together until well incorporated.
2. Form into balls.
3. Store any leftovers in an airtight container in the fridge.

Breakfast 2 ↗

Eat on day 4 and day 5

Applesauce

171 cals ● 1g protein ● 0g fat ● 37g carbs ● 4g fiber



For single meal:

applesauce

3 to-go container (~4 oz) (366g)

For all 2 meals:

applesauce

6 to-go container (~4 oz) (732g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

Cinnamon banana almond protein oats

251 cals ● 17g protein ● 5g fat ● 31g carbs ● 5g fiber



For single meal:

cinnamon

4 dash (1g)

maple syrup

1 tsp (5mL)

oatmeal, old-fashioned oats, rolled oats

4 tbsp (20g)

almond milk, unsweetened

6 tbsp (90mL)

protein powder

1/2 scoop (1/3 cup ea) (16g)

banana, sliced

1/2 medium (7" to 7-7/8" long) (59g)

For all 2 meals:

cinnamon

1 tsp (3g)

maple syrup

2 tsp (10mL)

oatmeal, old-fashioned oats, rolled oats

1/2 cup (41g)

almond milk, unsweetened

3/4 cup (180mL)

protein powder

1 scoop (1/3 cup ea) (31g)

banana, sliced

1 medium (7" to 7-7/8" long) (118g)

1. In a microwave-safe bowl, mix together the oats, protein powder, cinnamon, maple syrup, and almond milk.
2. Microwave for about 1-1.5 minutes.
3. Top with banana slices.
4. Serve.

Breakfast 3 ↗

Eat on day 6 and day 7

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
3 tbsp, whole (27g)

For all 2 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.

Soy milk

1 1/4 cup(s) - 106 cals ● 9g protein ● 6g fat ● 3g carbs ● 3g fiber



For single meal:

soy milk, unsweetened
1 1/4 cup(s) (mL)

For all 2 meals:

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

1. The recipe has no instructions.

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, shelled
4 tbsp (31g)

For all 2 meals:

pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Lunch 1 ↗

Eat on day 1

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



salad dressing

1 tbsp (15mL)
red onion, thinly sliced
1/4 small (18g)
cucumber, thinly sliced
1/4 cucumber (8-1/4") (75g)
tomatoes, thinly sliced
1/2 medium whole (2-3/5" dia) (62g)

1. Mix ingredients together in a bowl and serve.

Lemon pepper tofu

21 oz - 756 cals ● 46g protein ● 47g fat ● 35g carbs ● 1g fiber



Makes 21 oz

cornstarch
3 tbsp (24g)
oil
1 1/2 tbsp (23mL)
lemon pepper
1/4 tbsp (2g)
lemon, zested
1 1/2 small (87g)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

Lunch 2 ↗

Eat on day 2

Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

vegan sausage
2 sausage (200g)

1. Prepare according to package instructions.
2. Serve.

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



salad dressing
1 tbsp (15mL)
red onion, thinly sliced
1/4 small (18g)
cucumber, thinly sliced
1/4 cucumber (8-1/4") (75g)
tomatoes, thinly sliced
1/2 medium whole (2-3/5" dia) (62g)

1. Mix ingredients together in a bowl and serve.

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



water
1 1/3 cup(s) (316mL)
salt
2/3 dash (0g)
lentils, raw, rinsed
1/3 cup (64g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Lunch 3 ↗

Eat on day 3 and day 4

Lentil pasta

505 cals ● 33g protein ● 4g fat ● 61g carbs ● 24g fiber



For single meal:

pasta sauce
1/4 jar (24 oz) (168g)
lentil pasta
4 oz (113g)

For all 2 meals:

pasta sauce
1/2 jar (24 oz) (336g)
lentil pasta
1/2 lbs (227g)

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

Tomato cucumber salad

141 cals ● 3g protein ● 6g fat ● 15g carbs ● 3g fiber



For single meal:

salad dressing

2 tbsp (30mL)

red onion, thinly sliced

1/2 small (35g)

cucumber, thinly sliced

1/2 cucumber (8-1/4") (151g)

tomatoes, thinly sliced

1 medium whole (2-3/5" dia) (123g)

For all 2 meals:

salad dressing

4 tbsp (60mL)

red onion, thinly sliced

1 small (70g)

cucumber, thinly sliced

1 cucumber (8-1/4") (301g)

tomatoes, thinly sliced

2 medium whole (2-3/5" dia) (246g)

1. Mix ingredients together in a bowl and serve.

Plantain chips

226 cals ● 1g protein ● 13g fat ● 26g carbs ● 2g fiber



For single meal:

Plantain chips

1 1/2 oz (43g)

For all 2 meals:

Plantain chips

3 oz (85g)

1. Approximately 3/4 cup = 1 oz

Lunch 4 ↗

Eat on day 5 and day 6

Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

naan bread

1 piece(s) (90g)

For all 2 meals:

naan bread

2 piece(s) (180g)

1. The recipe has no instructions.

Lentil and veggie soup

463 cals ● 29g protein ● 2g fat ● 65g carbs ● 17g fiber



For single meal:

lentils, raw
6 2/3 tbsp (80g)
vegetable broth
1 2/3 cup(s) (mL)
kale leaves
13 1/3 tbsp, chopped (33g)
nutritional yeast
2 1/2 tsp (3g)
garlic
5/6 clove(s) (3g)
frozen mixed veggies
1 1/4 cup (169g)

For all 2 meals:

lentils, raw
13 1/3 tbsp (160g)
vegetable broth
3 1/3 cup(s) (mL)
kale leaves
1 2/3 cup, chopped (67g)
nutritional yeast
5 tsp (6g)
garlic
1 2/3 clove(s) (5g)
frozen mixed veggies
2 1/2 cup (338g)

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.

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.

Lunch 5 ↗

Eat on day 7

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

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

Tofu alfredo pasta with broccoli

736 cals ● 38g protein ● 12g fat ● 110g carbs ● 9g fiber



uncooked dry pasta
5 oz (143g)
firm tofu
3/8 package (16 oz) (189g)
frozen broccoli
3/8 package (118g)
garlic
5/6 clove(s) (3g)
salt
1/4 dash (0g)
almond milk, unsweetened
1/4 cup (50mL)
basil, dried
1 tsp, ground (1g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

Snacks 1 ↗

Eat on day 1 and day 2

Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



For single meal:

kiwi
2 fruit (138g)

For all 2 meals:

kiwi
4 fruit (276g)

1. Slice the kiwi and serve.

Double chocolate almond milk protein shake

251 cals ● 40g protein ● 7g fat ● 5g carbs ● 3g fiber



For single meal:

water
1 1/2 cup(s) (356mL)
almond milk, unsweetened
3/4 cup (180mL)
cocoa powder
1/2 tbsp (3g)
protein powder, chocolate
1 1/2 scoop (1/3 cup ea) (47g)

For all 2 meals:

water
3 cup(s) (711mL)
almond milk, unsweetened
1 1/2 cup (360mL)
cocoa powder
1 tbsp (5g)
protein powder, chocolate
3 scoop (1/3 cup ea) (93g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Snacks 2 ↗

Eat on day 3 and day 4

Rice cake

4 cake(s) - 139 cals ● 3g protein ● 1g fat ● 28g carbs ● 1g fiber



For single meal:

rice cakes, any flavor
4 cake (36g)

For all 2 meals:

rice cakes, any flavor
8 cake (72g)

1. Enjoy.

Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

mixed nuts
4 tbsp (34g)

For all 2 meals:

mixed nuts
1/2 cup (67g)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

1 medium (7" to 7-7/8" long) (118g)

For all 3 meals:

banana

3 medium (7" to 7-7/8" long) (354g)

1. The recipe has no instructions.

Kale chips

275 cals ● 6g protein ● 19g fat ● 15g carbs ● 4g fiber



For single meal:

salt

1/2 tbsp (8g)

kale leaves

1 1/3 bunch (227g)

olive oil

4 tsp (20mL)

For all 3 meals:

salt

4 tsp (24g)

kale leaves

4 bunch (680g)

olive oil

4 tbsp (60mL)

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

Dinner 1 ↗

Eat on day 1 and day 2

Chickpea & kale soup

682 cals ● 34g protein ● 18g fat ● 70g carbs ● 27g fiber



For single meal:

vegetable broth
5 cup(s) (mL)
oil
1 1/4 tsp (6mL)
kale leaves, chopped
2 1/2 cup, chopped (100g)
garlic, minced
2 1/2 clove(s) (8g)
chickpeas, canned, drained
1 1/4 can(s) (560g)

For all 2 meals:

vegetable broth
10 cup(s) (mL)
oil
2 1/2 tsp (13mL)
kale leaves, chopped
5 cup, chopped (200g)
garlic, minced
5 clove(s) (15g)
chickpeas, canned, drained
2 1/2 can(s) (1120g)

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.

Soy milk yogurt

2 container - 271 cals ● 12g protein ● 7g fat ● 39g carbs ● 1g fiber



For single meal:

soy milk yogurt
2 container(s) (301g)

For all 2 meals:

soy milk yogurt
4 container(s) (601g)

1. The recipe has no instructions.

Dinner 2 ↗

Eat on day 3 and day 4

Harvest beet bowl

541 cals ● 23g protein ● 12g fat ● 73g carbs ● 12g fiber



For single meal:

wild rice, raw
4 tbsp (40g)
lentils, raw
4 tbsp (48g)
kale leaves
3 oz (85g)
olive oil
3/4 tbsp (11mL)
apple cider vinegar
1/4 tbsp (4g)
lemon juice
1 1/2 tbsp (23mL)
garlic, minced
1 1/2 clove(s) (5g)
beets, precooked (canned or refrigerated), quartered
3 beet(s) (150g)

For all 2 meals:

wild rice, raw
1/2 cup (80g)
lentils, raw
1/2 cup (96g)
kale leaves
6 oz (170g)
olive oil
1 1/2 tbsp (23mL)
apple cider vinegar
1/2 tbsp (8g)
lemon juice
3 tbsp (45mL)
garlic, minced
3 clove(s) (9g)
beets, precooked (canned or refrigerated), quartered
6 beet(s) (300g)

1. Cook wild rice and lentils according to package instructions. Drain, if needed, and set aside.
2. Heat oil in a saucepan over medium heat. Add garlic and cook for 1 minute until fragrant. Add kale and cook for 3-5 minutes until wilted.
3. Stir the lentils and rice in with the kale, mixing everything together. Cook for 2-3 minutes until heated through. Turn off the heat and stir in lemon juice. Season with salt and pepper to taste.
4. In a small bowl, toss the quartered beets with apple cider vinegar. Season with salt and pepper.
5. Serve the rice and lentil mixture topped with the beets. Enjoy!

Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

naan bread
1 piece(s) (90g)

For all 2 meals:

naan bread
2 piece(s) (180g)

1. The recipe has no instructions.

Soy milk

1 2/3 cup(s) - 141 cals ● 12g protein ● 8g fat ● 3g carbs ● 3g fiber



For single meal:

soy milk, unsweetened
1 2/3 cup(s) (mL)

For all 2 meals:

soy milk, unsweetened
3 1/3 cup(s) (mL)

1. The recipe has no instructions.

Dinner 3 ↗

Eat on day 5

Peanut tempeh

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



Makes 6 oz tempeh

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)

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.

Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



mixed greens
5 1/4 cup (158g)
salad dressing
1/3 cup (79mL)

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

Dinner 4 ↗

Eat on day 6 and day 7

Garlic pepper seitan

571 cals ● 51g protein ● 28g fat ● 27g carbs ● 2g fiber



For single meal:

olive oil
5 tsp (25mL)
onion
1/4 cup, chopped (33g)
green pepper
5 tsp, chopped (16g)
black pepper
1/4 tsp, ground (0g)
water
2 1/2 tsp (13mL)
salt
1 dash (1g)
seitan, chicken style
6 2/3 oz (189g)
garlic, minced
2 clove(s) (6g)

For all 2 meals:

olive oil
1/4 cup (50mL)
onion
6 2/3 tbsp, chopped (67g)
green pepper
1/4 cup, chopped (31g)
black pepper
1/2 tsp, ground (1g)
water
5 tsp (25mL)
salt
1/4 tsp (1g)
seitan, chicken style
13 1/3 oz (378g)
garlic, minced
4 clove(s) (13g)

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.

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

water
1 2/3 cup(s) (395mL)
salt
1 dash (1g)
lentils, raw, rinsed
6 2/3 tbsp (80g)

For all 2 meals:

water
3 1/3 cup(s) (790mL)
salt
1/4 tsp (1g)
lentils, raw, rinsed
13 1/3 tbsp (160g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Protein Supplement(s)

Eat every day

Protein shake

3 1/2 scoop - 382 cals ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

protein powder
3 1/2 scoop (1/3 cup ea) (109g)
water
3 1/2 cup(s) (830mL)

For all 7 meals:

protein powder
24 1/2 scoop (1/3 cup ea) (760g)
water
24 1/2 cup(s) (5807mL)

1. The recipe has no instructions.