

# Meal Plan - 2900 calorie high protein vegetarian 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

2897 cals ● 246g protein (34%) ● 100g fat (31%) ● 212g carbs (29%) ● 41g fiber (6%)

### Breakfast

535 cals, 34g protein, 18g net carbs, 34g fat



[Kale & eggs](#)  
284 cals



[Strawberries](#)  
1 3/4 cup(s)- 91 cals



[Basic fried eggs](#)  
2 egg(s)- 159 cals

### Snacks

360 cals, 27g protein, 17g net carbs, 19g fat



[Boiled eggs](#)  
4 egg(s)- 277 cals



[Orange](#)  
1 orange(s)- 85 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)  
4 1/2 scoop- 491 cals

### Lunch

480 cals, 19g protein, 47g net carbs, 20g fat



[Garlic pepper seitan](#)  
171 cals



[Cooked peppers](#)  
1/2 bell pepper(s)- 60 cals



[Mashed sweet potatoes with butter](#)  
249 cals

### Dinner

1030 cals, 57g protein, 126g net carbs, 24g fat



[Vegan meatball sub](#)  
2 sub(s)- 936 cals



[Blueberries](#)  
1 cup(s)- 95 cals

## Day 2

2897 cals ● 246g protein (34%) ● 100g fat (31%) ● 212g carbs (29%) ● 41g fiber (6%)

### Breakfast

535 cals, 34g protein, 18g net carbs, 34g fat



[Kale & eggs](#)  
284 cals



[Strawberries](#)  
1 3/4 cup(s)- 91 cals



[Basic fried eggs](#)  
2 egg(s)- 159 cals

### Snacks

360 cals, 27g protein, 17g net carbs, 19g fat



[Boiled eggs](#)  
4 egg(s)- 277 cals



[Orange](#)  
1 orange(s)- 85 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)  
4 1/2 scoop- 491 cals

### Lunch

480 cals, 19g protein, 47g net carbs, 20g fat



[Garlic pepper seitan](#)  
171 cals



[Cooked peppers](#)  
1/2 bell pepper(s)- 60 cals



[Mashed sweet potatoes with butter](#)  
249 cals

### Dinner

1030 cals, 57g protein, 126g net carbs, 24g fat



[Vegan meatball sub](#)  
2 sub(s)- 936 cals



[Blueberries](#)  
1 cup(s)- 95 cals

## Day 3

2923 cals ● 277g protein (38%) ● 88g fat (27%) ● 219g carbs (30%) ● 37g fiber (5%)

### Breakfast

415 cals, 25g protein, 26g net carbs, 20g fat



Scrambled eggs with kale, tomatoes, rosemary  
329 cals



Orange  
1 orange(s)- 85 cals

### Snacks

315 cals, 7g protein, 29g net carbs, 17g fat



Large granola bar  
1 bar(s)- 176 cals



Kale chips  
138 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake  
4 1/2 scoop- 491 cals

### Lunch

800 cals, 51g protein, 77g net carbs, 27g fat



Simple seitan  
6 oz- 365 cals



Mashed sweet potatoes with butter  
374 cals



Sauteed Kale  
61 cals

### Dinner

905 cals, 85g protein, 83g net carbs, 21g fat



Cherry tomatoes  
6 cherry tomatoes- 21 cals



Teriyaki seitan wings  
8 oz seitan- 595 cals



Lentils  
289 cals



## Day 4

2923 cals ● 277g protein (38%) ● 88g fat (27%) ● 219g carbs (30%) ● 37g fiber (5%)

### Breakfast

415 cals, 25g protein, 26g net carbs, 20g fat



Scrambled eggs with kale, tomatoes, rosemary  
329 cals



Orange  
1 orange(s)- 85 cals

### Snacks

315 cals, 7g protein, 29g net carbs, 17g fat



Large granola bar  
1 bar(s)- 176 cals



Kale chips  
138 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake  
4 1/2 scoop- 491 cals

### Lunch

800 cals, 51g protein, 77g net carbs, 27g fat



Simple seitan  
6 oz- 365 cals



Mashed sweet potatoes with butter  
374 cals



Sauteed Kale  
61 cals

### Dinner

905 cals, 85g protein, 83g net carbs, 21g fat



Cherry tomatoes  
6 cherry tomatoes- 21 cals



Teriyaki seitan wings  
8 oz seitan- 595 cals



Lentils  
289 cals

## Day 5

2861 cals ● 231g protein (32%) ● 88g fat (28%) ● 236g carbs (33%) ● 49g fiber (7%)

### Breakfast

465 cals, 17g protein, 61g net carbs, 10g fat



**Hummus toast**  
2 slice(s)- 293 cals



**Orange**  
2 orange(s)- 170 cals

### Snacks

315 cals, 7g protein, 29g net carbs, 17g fat



**Large granola bar**  
1 bar(s)- 176 cals



**Kale chips**  
138 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

870 cals, 50g protein, 91g net carbs, 29g fat



**Chik'n nuggets**  
8 nuggets- 441 cals



**Milk**  
1 1/3 cup(s)- 199 cals



**Lentils**  
231 cals

### Dinner

725 cals, 49g protein, 51g net carbs, 30g fat



**Pita bread**  
2 pita bread(s)- 156 cals



**Curried tofu salad**  
568 cals

## Day 6

2785 cals ● 229g protein (33%) ● 85g fat (27%) ● 220g carbs (32%) ● 54g fiber (8%)

### Breakfast

465 cals, 17g protein, 61g net carbs, 10g fat



**Hummus toast**  
2 slice(s)- 293 cals



**Orange**  
2 orange(s)- 170 cals

### Snacks

325 cals, 8g protein, 54g net carbs, 7g fat



**Carrot sticks**  
1 carrot(s)- 27 cals



**Small toasted bagel with butter and jelly**  
1 bagel(s)- 300 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

780 cals, 47g protein, 50g net carbs, 36g fat



**Sunflower seeds**  
240 cals



**Chunky canned soup (non-creamy)**  
1 1/2 can(s)- 371 cals



**Edamame & beet salad**  
171 cals

### Dinner

725 cals, 49g protein, 51g net carbs, 30g fat



**Pita bread**  
2 pita bread(s)- 156 cals



**Curried tofu salad**  
568 cals

## Day 7

2917 cals ● 233g protein (32%) ● 65g fat (20%) ● 268g carbs (37%) ● 82g fiber (11%)

### Breakfast

465 cals, 17g protein, 61g net carbs, 10g fat



[Hummus toast](#)

2 slice(s)- 293 cals



[Orange](#)

2 orange(s)- 170 cals

### Snacks

325 cals, 8g protein, 54g net carbs, 7g fat



[Carrot sticks](#)

1 carrot(s)- 27 cals



[Small toasted bagel with butter and jelly](#)

1 bagel(s)- 300 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)

4 1/2 scoop- 491 cals

### Lunch

780 cals, 47g protein, 50g net carbs, 36g fat



[Sunflower seeds](#)

240 cals



[Chunky canned soup \(non-creamy\)](#)

1 1/2 can(s)- 371 cals



[Edamame & beet salad](#)

171 cals

### Dinner

855 cals, 53g protein, 98g net carbs, 9g fat



[Lentil pasta](#)

757 cals



[Simple salad with tomatoes and carrots](#)

98 cals

## Other

- ☐ vegan meatballs, frozen  
16 meatball(s) (480g)
- ☐ nutritional yeast  
4 tsp (5g)
- ☐ sub roll(s)  
4 roll(s) (340g)
- ☐ teriyaki sauce  
1/2 cup (120mL)
- ☐ vegan chik'n nuggets  
8 nuggets (172g)
- ☐ mixed greens  
2 cup (60g)
- ☐ lentil pasta  
6 oz (170g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
3/4 jar (24 oz) (512g)
- ☐ chunky canned soup (non-creamy varieties)  
3 can (~19 oz) (1578g)

## Fruits and Fruit Juices

- ☐ blueberries  
2 cup (296g)
- ☐ strawberries  
3 1/2 cup, whole (504g)
- ☐ orange  
10 orange (1540g)
- ☐ lemon juice  
2 1/3 tbsp (35mL)

## Beverages

- ☐ water  
2 1/4 gallon (8794mL)
- ☐ protein powder  
31 1/2 scoop (1/3 cup ea) (977g)

## Spices and Herbs

- ☐ salt  
1/2 oz (15g)
- ☐ black pepper  
1 dash, ground (0g)
- ☐ balsamic vinegar  
1 tbsp (15mL)
- ☐ rosemary, dried  
1/4 tbsp (1g)

## Fats and Oils

- ☐ oil  
3 oz (90mL)
- ☐ olive oil  
1 1/2 oz (45mL)
- ☐ vegan mayonnaise  
1/3 cup (70g)
- ☐ balsamic vinaigrette  
2 tbsp (30mL)
- ☐ salad dressing  
3/4 tbsp (11mL)

## Cereal Grains and Pasta

- ☐ seitan  
2 lbs (907g)

## Snacks

- ☐ large granola bar  
3 bar (111g)

## Legumes and Legume Products

- ☐ lentils, raw  
56 tsp (224g)
- ☐ hummus  
1 cup (225g)
- ☐ soy sauce  
2 1/3 tbsp (35mL)
- ☐ extra firm tofu  
1 3/4 lbs (794g)

## Baked Products

- ☐ bread  
6 slice (192g)
- ☐ pita bread  
4 pita, small (4" dia) (112g)
- ☐ bagel  
2 small bagel (3" dia) (138g)

## Nut and Seed Products

- ☐ sunflower kernels  
2 2/3 oz (76g)

## Sweets

- ☐ jelly  
2 serving 1 tbsp (42g)

- ☐ apple cider vinegar  
2 1/3 tbsp (35g)
- ☐ crushed red pepper  
1/2 tsp (1g)
- ☐ curry powder  
3/4 tbsp (5g)

## Dairy and Egg Products

- ☐ eggs  
28 medium (1236g)
- ☐ butter  
1/2 stick (59g)
- ☐ whole milk  
1 1/3 cup (319mL)

## Vegetables and Vegetable Products

- ☐ kale leaves  
1 1/3 lbs (600g)
  - ☐ onion  
2 tbsp, chopped (20g)
  - ☐ garlic  
3 1/2 clove(s) (11g)
  - ☐ green pepper  
1 tbsp, chopped (9g)
  - ☐ bell pepper  
1 large (164g)
  - ☐ sweet potatoes  
5 sweetpotato, 5" long (1050g)
  - ☐ tomatoes  
4 1/3 medium whole (2-3/5" dia) (536g)
  - ☐ red bell pepper  
2 1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (278g)
  - ☐ carrots  
5 medium (305g)
  - ☐ ketchup  
2 tbsp (34g)
  - ☐ beets, precooked (canned or refrigerated)  
4 beets (2" dia, sphere) (200g)
  - ☐ edamame, frozen, shelled  
1 cup (118g)
  - ☐ romaine lettuce  
1/2 hearts (250g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Kale & eggs

284 cals ● 20g protein ● 21g fat ● 3g carbs ● 0g fiber



For single meal:

**salt**

1 1/2 dash (1g)

**eggs**

3 large (150g)

**kale leaves**

3/4 cup, chopped (30g)

**oil**

1/2 tbsp (8mL)

For all 2 meals:

**salt**

3 dash (1g)

**eggs**

6 large (300g)

**kale leaves**

1 1/2 cup, chopped (60g)

**oil**

1 tbsp (15mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

### Strawberries

1 3/4 cup(s) - 91 cals ● 2g protein ● 1g fat ● 14g carbs ● 5g fiber



For single meal:

**strawberries**

1 3/4 cup, whole (252g)

For all 2 meals:

**strawberries**

3 1/2 cup, whole (504g)

1. This recipe has no instructions.

### Basic fried eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 large (100g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**eggs**  
4 large (200g)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Scrambled eggs with kale, tomatoes, rosemary

329 cals ● 24g protein ● 20g fat ● 10g carbs ● 3g fiber



For single meal:

**water**  
1/4 cup (68mL)  
**balsamic vinegar**  
1/2 tbsp (8mL)  
**rosemary, dried**  
3 dash (0g)  
**tomatoes**  
3/4 cup, chopped (135g)  
**eggs**  
3 extra large (168g)  
**kale leaves**  
1 1/2 cup, chopped (60g)  
**oil**  
1/4 tbsp (4mL)

For all 2 meals:

**water**  
1/2 cup (135mL)  
**balsamic vinegar**  
1 tbsp (15mL)  
**rosemary, dried**  
1/4 tbsp (1g)  
**tomatoes**  
1 1/2 cup, chopped (270g)  
**eggs**  
6 extra large (336g)  
**kale leaves**  
3 cup, chopped (120g)  
**oil**  
1/2 tbsp (8mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

## Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 2 meals:

**orange**  
2 orange (308g)

1. This recipe has no instructions.

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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

**hummus**  
5 tbsp (75g)  
**bread**  
2 slice (64g)

For all 3 meals:

**hummus**  
1 cup (225g)  
**bread**  
6 slice (192g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

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### Orange

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



For single meal:

**orange**  
2 orange (308g)

For all 3 meals:

**orange**  
6 orange (924g)

1. This recipe has no instructions.
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## Lunch 1 [↗](#)

Eat on day 1, day 2

### Garlic pepper seitan

171 cals ● 15g protein ● 8g fat ● 8g carbs ● 1g fiber



For single meal:

**olive oil**  
1/2 tbsp (8mL)  
**onion**  
1 tbsp, chopped (10g)  
**garlic, minced**  
5/8 clove(s) (2g)  
**green pepper**  
1/2 tbsp, chopped (5g)  
**seitan, chicken style**  
2 oz (57g)  
**black pepper**  
1/2 dash, ground (0g)  
**water**  
1/4 tbsp (4mL)  
**salt**  
1/4 dash (0g)

For all 2 meals:

**olive oil**  
1 tbsp (15mL)  
**onion**  
2 tbsp, chopped (20g)  
**garlic, minced**  
1 1/4 clove(s) (4g)  
**green pepper**  
1 tbsp, chopped (9g)  
**seitan, chicken style**  
4 oz (113g)  
**black pepper**  
1 dash, ground (0g)  
**water**  
1/2 tbsp (8mL)  
**salt**  
1/2 dash (0g)

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.

### Cooked peppers

1/2 bell pepper(s) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**bell pepper, seeded & cut into strips**  
1/2 large (82g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**bell pepper, seeded & cut into strips**  
1 large (164g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

### Mashed sweet potatoes with butter

249 cals ● 3g protein ● 7g fat ● 36g carbs ● 6g fiber



For single meal:

**butter**

2 tsp (9g)

**sweet potatoes**

1 sweetpotato, 5" long (210g)

For all 2 meals:

**butter**

4 tsp (18g)

**sweet potatoes**

2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

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## Lunch 2 [↗](#)

Eat on day 3, day 4

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### Simple seitan

6 oz - 365 cals ● 45g protein ● 11g fat ● 20g carbs ● 1g fiber



For single meal:

**oil**

1/2 tbsp (8mL)

**seitan**

6 oz (170g)

For all 2 meals:

**oil**

1 tbsp (15mL)

**seitan**

3/4 lbs (340g)

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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### Mashed sweet potatoes with butter

374 cals ● 5g protein ● 11g fat ● 54g carbs ● 9g fiber





For single meal:

**butter**  
1 tbsp (14g)  
**sweet potatoes**  
1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

**butter**  
2 tbsp (27g)  
**sweet potatoes**  
3 sweetpotato, 5" long (630g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

### Sauteed Kale

61 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**kale leaves**  
1 cup, chopped (40g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**kale leaves**  
2 cup, chopped (80g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

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## Lunch 3 [↗](#)

Eat on day 5

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### Chik'n nuggets

8 nuggets - 441 cals ● 24g protein ● 18g fat ● 41g carbs ● 4g fiber



Makes 8 nuggets

**vegan chik'n nuggets**  
8 nuggets (172g)  
**ketchup**  
2 tbsp (34g)

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

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### Milk

1 1/3 cup(s) - 199 cals ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber



Makes 1 1/3 cup(s)

**whole milk**

1 1/3 cup (320mL)

1. This recipe has no instructions.

**Lentils**

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



**salt**

2/3 dash (0g)

**water**

1 1/3 cup(s) (316mL)

**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 4** [↗](#)

Eat on day 6, day 7

**Sunflower seeds**

240 cal ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:

**sunflower kernels**

1 1/3 oz (38g)

For all 2 meals:

**sunflower kernels**

2 2/3 oz (76g)

1. This recipe has no instructions.

**Chunky canned soup (non-creamy)**

1 1/2 can(s) - 371 cal ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**

1 1/2 can (~19 oz) (789g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**

3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

## Edamame & beet salad

171 cal ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:

**balsamic vinaigrette**

1 tbsp (15mL)

**beets, precooked (canned or refrigerated), chopped**

2 beets (2" dia, sphere) (100g)

**edamame, frozen, shelled**

1/2 cup (59g)

**mixed greens**

1 cup (30g)

For all 2 meals:

**balsamic vinaigrette**

2 tbsp (30mL)

**beets, precooked (canned or refrigerated), chopped**

4 beets (2" dia, sphere) (200g)

**edamame, frozen, shelled**

1 cup (118g)

**mixed greens**

2 cup (60g)

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

## Snacks 1 [↗](#)

Eat on day 1, day 2

### Boiled eggs

4 egg(s) - 277 cal ● 25g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**

4 large (200g)

For all 2 meals:

**eggs**

8 large (400g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.



## Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

### orange

1 orange (154g)

For all 2 meals:

### orange

2 orange (308g)

1. This recipe has no instructions.

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## Snacks 2 [🔗](#)

Eat on day 3, day 4, day 5

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### 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. This recipe has no instructions.

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## Kale chips

138 cals ● 3g protein ● 10g fat ● 7g carbs ● 2g fiber



For single meal:

**olive oil**  
2 tsp (10mL)  
**kale leaves**  
2/3 bunch (113g)  
**salt**  
1/4 tbsp (4g)

For all 3 meals:

**olive oil**  
2 tbsp (30mL)  
**kale leaves**  
2 bunch (340g)  
**salt**  
2 tsp (12g)

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

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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**carrots**  
1 medium (61g)

For all 2 meals:

**carrots**  
2 medium (122g)

1. Cut carrots into strips and serve.

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### Small toasted bagel with butter and jelly

1 bagel(s) - 300 cals ● 7g protein ● 7g fat ● 50g carbs ● 2g fiber



For single meal:

**bagel**  
1 small bagel (3" dia) (69g)  
**butter**  
1/2 tbsp (7g)  
**jelly**  
1 serving 1 tbsp (21g)

For all 2 meals:

**bagel**  
2 small bagel (3" dia) (138g)  
**butter**  
1 tbsp (14g)  
**jelly**  
2 serving 1 tbsp (42g)

1. Toast the bagel to desired toastiness.
2. Spread the butter and jelly.
3. Enjoy.

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## Dinner 1 [🔗](#)

Eat on day 1, day 2

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### Vegan meatball sub

2 sub(s) - 936 cals ● 56g protein ● 24g fat ● 108g carbs ● 16g fiber



For single meal:

**vegan meatballs, frozen**  
8 meatball(s) (240g)  
**pasta sauce**  
1/2 cup (130g)  
**nutritional yeast**  
2 tsp (3g)  
**sub roll(s)**  
2 roll(s) (170g)

For all 2 meals:

**vegan meatballs, frozen**  
16 meatball(s) (480g)  
**pasta sauce**  
1 cup (260g)  
**nutritional yeast**  
4 tsp (5g)  
**sub roll(s)**  
4 roll(s) (340g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

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### Blueberries

1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

**blueberries**  
1 cup (148g)

For all 2 meals:

**blueberries**  
2 cup (296g)

1. Rinse off blueberries and serve.
-

## Dinner 2 [↗](#)

Eat on day 3, day 4

### Cherry tomatoes

6 cherry tomatoes - 21 cal ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

#### tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

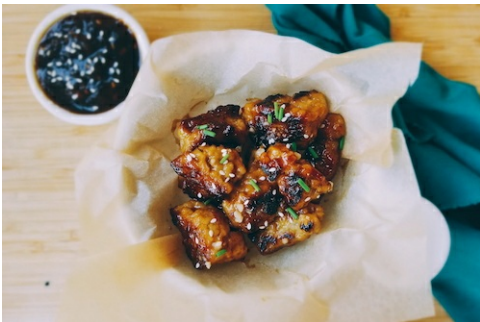
#### tomatoes

12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.

### Teriyaki seitan wings

8 oz seitan - 595 cal ● 64g protein ● 20g fat ● 38g carbs ● 1g fiber



For single meal:

#### teriyaki sauce

4 tbsp (60mL)

#### oil

1 tbsp (15mL)

#### seitan

1/2 lbs (227g)

For all 2 meals:

#### teriyaki sauce

1/2 cup (120mL)

#### oil

2 tbsp (30mL)

#### seitan

1 lbs (454g)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

### Lentils

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



For single meal:

#### salt

1 dash (1g)

#### water

1 2/3 cup(s) (395mL)

#### lentils, raw, rinsed

6 2/3 tbsp (80g)

For all 2 meals:

#### salt

1/4 tsp (1g)

#### water

3 1/3 cup(s) (790mL)

#### 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.

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## Dinner 3 [↗](#)

Eat on day 5, day 6

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### Pita bread

2 pita bread(s) - 156 cal ● 6g protein ● 1g fat ● 28g carbs ● 4g fiber



For single meal:

#### **pita bread**

2 pita, small (4" dia) (56g)

For all 2 meals:

#### **pita bread**

4 pita, small (4" dia) (112g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.
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### Curried tofu salad

568 cal ● 43g protein ● 29g fat ● 23g carbs ● 11g fiber



For single meal:

#### **apple cider vinegar**

3 1/2 tsp (17g)

#### **vegan mayonnaise**

2 1/3 tbsp (35g)

#### **garlic, minced**

1 1/6 clove (4g)

#### **red bell pepper, chopped**

1 1/6 medium (approx 2-3/4" long, 2-1/2 dia.) (139g)

#### **carrots, grated**

1 1/6 large (84g)

#### **soy sauce**

3 1/2 tsp (18mL)

#### **crushed red pepper**

1/3 tsp (1g)

#### **extra firm tofu, drained and cubed**

14 oz (397g)

#### **curry powder**

1 tsp (2g)

#### **lemon juice**

3 1/2 tsp (18mL)

For all 2 meals:

#### **apple cider vinegar**

2 1/3 tbsp (35g)

#### **vegan mayonnaise**

1/4 cup (70g)

#### **garlic, minced**

2 1/3 clove (7g)

#### **red bell pepper, chopped**

2 1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (278g)

#### **carrots, grated**

2 1/3 large (168g)

#### **soy sauce**

2 1/3 tbsp (35mL)

#### **crushed red pepper**

1/2 tsp (1g)

#### **extra firm tofu, drained and cubed**

1 3/4 lbs (794g)

#### **curry powder**

3/4 tbsp (5g)

#### **lemon juice**

2 1/3 tbsp (35mL)

1. Preheat an oven to 350°F (175°C). Place tofu on a lightly greased baking sheet.
  2. Bake tofu in the preheated oven for 25 minutes, stirring halfway through the cooking time. Remove tofu from the oven and allow to cool.
  3. Mix curry powder, lemon juice, vegan mayonnaise, apple cider vinegar, red pepper flakes, and soy sauce in a small bowl. Set aside. Combine tofu, carrots, red pepper, and garlic in a large bowl. Top with sauce and mix thoroughly. Serve immediately or chill for up to an hour before serving.
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## Dinner 4 [↗](#)

Eat on day 7

### Lentil pasta

757 cal ● 49g protein ● 6g fat ● 91g carbs ● 36g fiber



#### **pasta sauce**

3/8 jar (24 oz) (252g)

#### **lentil pasta**

6 oz (170g)

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

### Simple salad with tomatoes and carrots

98 cal ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



#### **salad dressing**

3/4 tbsp (11mL)

#### **tomatoes, diced**

1/2 medium whole (2-3/5" dia) (62g)

#### **carrots, sliced**

1/4 medium (15g)

#### **romaine lettuce, roughly chopped**

1/2 hearts (250g)

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

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

4 1/2 scoop - 491 cal ● 109g protein ● 2g fat ● 4g carbs ● 5g fiber



For single meal:

#### **water**

4 1/2 cup(s) (1067mL)

#### **protein powder**

4 1/2 scoop (1/3 cup ea) (140g)

For all 7 meals:

#### **water**

31 1/2 cup(s) (7466mL)

#### **protein powder**

31 1/2 scoop (1/3 cup ea) (977g)

1. This recipe has no instructions.