

Meal Plan - 3100 calorie low carb 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

3027 cal ● 240g protein (32%) ● 141g fat (42%) ● 153g carbs (20%) ● 45g fiber (6%)

Breakfast

500 cal, 22g protein, 38g net carbs, 25g fat



[High-protein granola bar](#)
2 bar(s)- 408 cal



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

Snacks

245 cal, 10g protein, 13g net carbs, 16g fat



[Baked chips](#)
6 crisps- 61 cal



[Pumpkin seeds](#)
183 cal

Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cal

Lunch

1020 cal, 84g protein, 34g net carbs, 58g fat



[Vegan sausage](#)
2 sausage(s)- 536 cal



[Simple mozzarella and tomato salad](#)
484 cal

Dinner

935 cal, 53g protein, 64g net carbs, 41g fat



[Sweet potato wedges](#)
347 cal



[Basic tempeh](#)
8 oz- 590 cal

Day 2

3110 cals ● 245g protein (31%) ● 163g fat (47%) ● 118g carbs (15%) ● 49g fiber (6%)

Breakfast

500 cals, 22g protein, 38g net carbs, 25g fat



[High-protein granola bar](#)
2 bar(s)- 408 cals



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

Snacks

245 cals, 10g protein, 13g net carbs, 16g fat



[Baked chips](#)
6 crisps- 61 cals



[Pumpkin seeds](#)
183 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Lunch

1020 cals, 84g protein, 34g net carbs, 58g fat



[Vegan sausage](#)
2 sausage(s)- 536 cals



[Simple mozzarella and tomato salad](#)
484 cals

Dinner

1020 cals, 57g protein, 30g net carbs, 63g fat



[Crack slaw with tempeh](#)
633 cals



[Roasted almonds](#)
1/2 cup(s)- 388 cals

Day 3

3105 cals ● 219g protein (28%) ● 147g fat (43%) ● 166g carbs (21%) ● 59g fiber (8%)

Breakfast

465 cals, 28g protein, 29g net carbs, 23g fat



[Protein bar](#)
1 bar- 245 cals



[Roasted almonds](#)
1/4 cup(s)- 222 cals

Snacks

335 cals, 12g protein, 40g net carbs, 11g fat



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals



[Chocolate banana oatmeal](#)
225 cals



[Boiled eggs](#)
1 egg(s)- 69 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Lunch

1030 cals, 42g protein, 59g net carbs, 59g fat



[Cottage cheese & fruit cup](#)
2 container- 261 cals



[Avocado](#)
527 cals



[Grilled peanut butter and banana sandwich](#)
1/2 sandwich(es)- 243 cals

Dinner

945 cals, 64g protein, 36g net carbs, 53g fat



[Sunflower seeds](#)
226 cals



[Seitan salad](#)
718 cals

Day 4

3105 cals ● 219g protein (28%) ● 147g fat (43%) ● 166g carbs (21%) ● 59g fiber (8%)

Breakfast

465 cals, 28g protein, 29g net carbs, 23g fat



[Protein bar](#)
1 bar- 245 cals



[Roasted almonds](#)
1/4 cup(s)- 222 cals

Snacks

335 cals, 12g protein, 40g net carbs, 11g fat



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals



[Chocolate banana oatmeal](#)
225 cals



[Boiled eggs](#)
1 egg(s)- 69 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Lunch

1030 cals, 42g protein, 59g net carbs, 59g fat



[Cottage cheese & fruit cup](#)
2 container- 261 cals



[Avocado](#)
527 cals



[Grilled peanut butter and banana sandwich](#)
1/2 sandwich(es)- 243 cals

Dinner

945 cals, 64g protein, 36g net carbs, 53g fat



[Sunflower seeds](#)
226 cals



[Seitan salad](#)
718 cals

Day 5

3102 cals ● 209g protein (27%) ● 156g fat (45%) ● 165g carbs (21%) ● 51g fiber (7%)

Breakfast

465 cals, 28g protein, 29g net carbs, 23g fat



Protein bar
1 bar- 245 cals



Roasted almonds
1/4 cup(s)- 222 cals

Snacks

355 cals, 15g protein, 27g net carbs, 18g fat



Cherry tomatoes
9 cherry tomatoes- 32 cals



Protein peanut butter toast
1 slice(s)- 322 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

915 cals, 50g protein, 38g net carbs, 57g fat



Pistachios
188 cals



Avocado egg salad sandwich
1 sandwich(es)- 562 cals



String cheese
2 stick(s)- 165 cals

Dinner

1040 cals, 44g protein, 68g net carbs, 57g fat



Tomato and avocado salad
469 cals



Seitan Philly cheesesteak
1 sub(s)- 571 cals

Day 6

3101 cals ● 197g protein (25%) ● 159g fat (46%) ● 175g carbs (23%) ● 47g fiber (6%)

Breakfast

460 cals, 22g protein, 33g net carbs, 22g fat



Tempeh bacon & avocado bagel sandwich
1/2 bagel(s)- 349 cals



Roasted almonds
1/8 cup(s)- 111 cals

Snacks

355 cals, 15g protein, 27g net carbs, 18g fat



Cherry tomatoes
9 cherry tomatoes- 32 cals



Protein peanut butter toast
1 slice(s)- 322 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

920 cals, 43g protein, 43g net carbs, 60g fat



Grilled cheese sandwich
1 1/2 sandwich(es)- 743 cals



Caprese salad
178 cals

Dinner

1040 cals, 44g protein, 68g net carbs, 57g fat



Tomato and avocado salad
469 cals



Seitan Philly cheesesteak
1 sub(s)- 571 cals

Day 7

3088 cals ● 195g protein (25%) ● 154g fat (45%) ● 185g carbs (24%) ● 46g fiber (6%)

Breakfast

460 cals, 22g protein, 33g net carbs, 22g fat



[Tempeh bacon & avocado bagel sandwich](#)
1/2 bagel(s)- 349 cals



[Roasted almonds](#)
1/8 cup(s)- 111 cals

Snacks

355 cals, 15g protein, 27g net carbs, 18g fat



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals



[Protein peanut butter toast](#)
1 slice(s)- 322 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Lunch

920 cals, 43g protein, 43g net carbs, 60g fat



[Grilled cheese sandwich](#)
1 1/2 sandwich(es)- 743 cals



[Caprese salad](#)
178 cals

Dinner

1025 cals, 41g protein, 78g net carbs, 53g fat



[Patty melt](#)
2 sandwich(es)- 999 cals



[Simple kale salad](#)
1/2 cup(s)- 28 cals

Other

- ☐ baked chips, any flavor
12 crips (28g)
- ☐ vegan sausage
4 sausage (400g)
- ☐ coleslaw mix
3 cup (270g)
- ☐ cottage cheese & fruit cup
4 container (680g)
- ☐ protein bar (20g protein)
3 bar (150g)
- ☐ chocolate chips
2 tbsp (28g)
- ☐ nutritional yeast
4 tsp (5g)
- ☐ sub roll(s)
2 roll(s) (170g)
- ☐ mixed greens
5/6 package (5.5 oz) (129g)
- ☐ veggie burger patty
2 patty (142g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ sunflower kernels
3 oz (89g)
- ☐ almonds
1 1/2 cup, whole (206g)
- ☐ pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

Snacks

- ☐ high-protein granola bar
4 bar (160g)

Fruits and Fruit Juices

- ☐ strawberries
3 1/2 cup, whole (504g)
- ☐ avocados
7 avocado(s) (1407g)
- ☐ lemon juice
1 tbsp (15mL)
- ☐ banana
2 medium (7" to 7-7/8" long) (236g)
- ☐ lime juice
4 tbsp (60mL)

Fats and Oils

- ☐ balsamic vinaigrette
3 oz (85mL)
- ☐ oil
1/4 lbs (108mL)
- ☐ cooking spray
1 spray(s) , about 1/3 second each (0g)
- ☐ salad dressing
1/4 cup (68mL)
- ☐ olive oil
1 tbsp (15mL)
- ☐ vegan mayonnaise
4 tbsp (60g)

Spices and Herbs

- ☐ fresh basil
3/4 oz (21g)
- ☐ salt
1/2 tbsp (10g)
- ☐ black pepper
1/2 tbsp, ground (3g)
- ☐ garlic powder
1/2 tbsp (5g)
- ☐ onion powder
1 dash (0g)
- ☐ ground cumin
1 dash (0g)
- ☐ dijon mustard
1 tbsp (15g)

Beverages

- ☐ water
22 cup(s) (5214mL)
- ☐ protein powder
1 1/2 lbs (663g)

Legumes and Legume Products

- ☐ tempeh
18 oz (510g)
- ☐ peanut butter
1/2 cup (128g)

Soups, Sauces, and Gravies

- ☐ hot sauce
1/2 tbsp (8mL)

Baked Products

Vegetables and Vegetable Products

- ☐ tomatoes
18 1/4 medium whole (2-3/5" dia) (2247g)
- ☐ sweet potatoes
1 1/3 sweetpotato, 5" long (280g)
- ☐ garlic
1 1/2 clove (5g)
- ☐ fresh spinach
8 cup(s) (240g)
- ☐ onion
1 2/3 medium (2-1/2" dia) (185g)
- ☐ bell pepper
1 small (74g)
- ☐ kale leaves
1/2 cup, chopped (20g)

Dairy and Egg Products

- ☐ fresh mozzarella cheese
2/3 lbs (298g)
- ☐ eggs
5 large (250g)
- ☐ string cheese
2 stick (56g)
- ☐ cheese
2 slice (1 oz each) (56g)
- ☐ butter
3 tbsp (43g)
- ☐ sliced cheese
6 slice (1 oz ea) (168g)

- ☐ bread
19 oz (544g)
- ☐ bagel
1 medium bagel (3-1/2" to 4" dia) (105g)

Sweets

- ☐ maple syrup
1 tsp (5mL)
- ☐ honey
1 tbsp (21g)

Breakfast Cereals

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

Cereal Grains and Pasta

- ☐ seitan
18 oz (510g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

High-protein granola bar

2 bar(s) - 408 cals ● 20g protein ● 24g fat ● 24g carbs ● 4g fiber



For single meal:

high-protein granola bar
2 bar (80g)

For all 2 meals:

high-protein granola bar
4 bar (160g)

1. This recipe has no instructions.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:
protein bar (20g protein)
1 bar (50g)

For all 3 meals:
protein bar (20g protein)
3 bar (150g)

1. This recipe has no instructions.

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:
almonds
4 tbsp, whole (36g)

For all 3 meals:
almonds
3/4 cup, whole (107g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Tempeh bacon & avocado bagel sandwich

1/2 bagel(s) - 349 cals ● 19g protein ● 13g fat ● 32g carbs ● 9g fiber



For single meal:

onion powder

1/2 dash (0g)

oil

1/4 tsp (1mL)

ground cumin

1/2 dash (0g)

tempeh, cut into strips

2 oz (57g)

avocados, sliced

1/4 avocado(s) (50g)

bagel

1/2 medium bagel (3-1/2" to 4" dia)
(53g)

For all 2 meals:

onion powder

1 dash (0g)

oil

1/2 tsp (3mL)

ground cumin

1 dash (0g)

tempeh, cut into strips

4 oz (113g)

avocados, sliced

1/2 avocado(s) (101g)

bagel

1 medium bagel (3-1/2" to 4" dia)
(105g)

1. Toast bagel (optional).
2. Coat tempeh with oil and evenly coat with the spices and a dash of salt. Fry in a skillet for a few minutes until golden.
3. Layer avocado and tempeh onto the bagel and serve.

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds

2 tbsp, whole (18g)

For all 2 meals:

almonds

4 tbsp, whole (36g)

1. This recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1, day 2

Vegan sausage

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



For single meal:

vegan sausage
2 sausage (200g)

For all 2 meals:

vegan sausage
4 sausage (400g)

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

Simple mozzarella and tomato salad

484 cals ● 28g protein ● 34g fat ● 13g carbs ● 3g fiber



For single meal:

tomatoes, sliced
1 1/2 large whole (3" dia) (273g)
fresh mozzarella cheese, sliced
4 oz (113g)
balsamic vinaigrette
2 tbsp (30mL)
fresh basil
2 tbsp, chopped (5g)

For all 2 meals:

tomatoes, sliced
3 large whole (3" dia) (546g)
fresh mozzarella cheese, sliced
1/2 lbs (227g)
balsamic vinaigrette
4 tbsp (60mL)
fresh basil
4 tbsp, chopped (11g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Lunch 2 [↗](#)

Eat on day 3, day 4

Cottage cheese & fruit cup

2 container - 261 cal ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
2 container (340g)

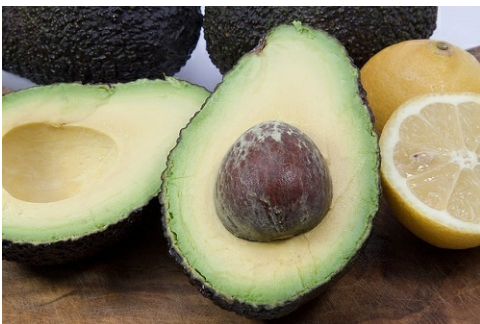
For all 2 meals:

cottage cheese & fruit cup
4 container (680g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Avocado

527 cal ● 6g protein ● 44g fat ● 6g carbs ● 20g fiber



For single meal:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

For all 2 meals:

avocados
3 avocado(s) (603g)
lemon juice
1 tbsp (15mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Grilled peanut butter and banana sandwich

1/2 sandwich(es) - 243 cal ● 8g protein ● 10g fat ● 27g carbs ● 4g fiber



For single meal:

bread
1 slice (32g)
banana, sliced
1/2 medium (7" to 7-7/8" long) (59g)
peanut butter
1 tbsp (16g)
cooking spray
1/2 spray(s) , about 1/3 second
each (0g)

For all 2 meals:

bread
2 slice (64g)
banana, sliced
1 medium (7" to 7-7/8" long) (118g)
peanut butter
2 tbsp (32g)
cooking spray
1 spray(s) , about 1/3 second each
(0g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

Lunch 3 [↗](#)

Eat on day 5

Pistachios

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



pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

1. This recipe has no instructions.

Avocado egg salad sandwich

1 sandwich(es) - 562 cals ● 30g protein ● 31g fat ● 29g carbs ● 11g fiber



Makes 1 sandwich(es)

tomatoes, halved

6 tbsp cherry tomatoes (56g)

garlic powder

4 dash (2g)

avocados

1/2 avocado(s) (101g)

bread

2 slice (64g)

eggs, hard-boiled and chilled

3 large (150g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



Makes 2 stick(s)

string cheese

2 stick (56g)

1. This recipe has no instructions.
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Lunch 4 [🔗](#)

Eat on day 6, day 7

Grilled cheese sandwich

1 1/2 sandwich(es) - 743 cal ● 33g protein ● 49g fat ● 37g carbs ● 6g fiber



For single meal:

bread

3 slice (96g)

butter

1 1/2 tbsp (21g)

sliced cheese

3 slice (1 oz ea) (84g)

For all 2 meals:

bread

6 slice (192g)

butter

3 tbsp (43g)

sliced cheese

6 slice (1 oz ea) (168g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

Caprese salad

178 cal ● 10g protein ● 11g fat ● 6g carbs ● 2g fiber



For single meal:

balsamic vinaigrette

2 1/2 tsp (13mL)

fresh basil

1/4 cup leaves, whole (5g)

tomatoes, halved

6 2/3 tbsp cherry tomatoes (62g)

mixed greens

3/8 package (5.5 oz) (65g)

fresh mozzarella cheese

1 1/4 oz (35g)

For all 2 meals:

balsamic vinaigrette

5 tsp (25mL)

fresh basil

6 2/3 tbsp leaves, whole (10g)

tomatoes, halved

13 1/3 tbsp cherry tomatoes (124g)

mixed greens

5/6 package (5.5 oz) (129g)

fresh mozzarella cheese

2 1/2 oz (71g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Snacks 1 [↗](#)

Eat on day 1, day 2

Baked chips

6 crisps - 61 cals ● 1g protein ● 2g fat ● 10g carbs ● 1g fiber



For single meal:

baked chips, any flavor
6 crisps (14g)

For all 2 meals:

baked chips, any flavor
12 crisps (28g)

1. Enjoy.

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 2 meals:

tomatoes
24 cherry tomatoes (408g)

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

Chocolate banana oatmeal

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



For single meal:

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

For all 2 meals:

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

1. Add all ingredients, but only half of the banana slices and microwave for about 2 minutes. Top with remaining banana slices and serve.
2. Note: You can mix the oatmeal, chocolate chips and maple syrup and store in your refrigerator for up to 5 days. When ready to eat, add water, half the banana slices, and microwave. Top with remaining banana.

Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

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.
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Snacks 3 [🔗](#)

Eat on day 5, day 6, day 7

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes

9 cherry tomatoes (153g)

For all 3 meals:

tomatoes

27 cherry tomatoes (459g)

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

Protein peanut butter toast

1 slice(s) - 322 cals ● 14g protein ● 18g fat ● 23g carbs ● 4g fiber



For single meal:

honey

1 tsp (7g)

protein powder

2 tsp (4g)

peanut butter

2 tbsp (32g)

bread

1 slice (32g)

For all 3 meals:

honey

1 tbsp (21g)

protein powder

2 tbsp (12g)

peanut butter

6 tbsp (96g)

bread

3 slice (96g)

1. Toast bread.
2. In a small bowl, mix together the peanut butter and protein powder until well-combined.
3. Spread peanut butter mixture over toast and drizzle with honey. Serve.

Dinner 1 [🔗](#)

Eat on day 1

Sweet potato wedges

347 cals ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



oil

1 tbsp (15mL)

sweet potatoes, cut into wedges

1 1/3 sweetpotato, 5" long (280g)

salt

1/4 tbsp (4g)

black pepper

1/3 tsp, ground (1g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



Makes 8 oz

oil

4 tsp (20mL)

tempeh

1/2 lbs (227g)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
 2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.
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Dinner 2 [↗](#)

Eat on day 2

Crack slaw with tempeh

633 cals ● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



tempeh, cubed
6 oz (170g)
coleslaw mix
3 cup (270g)
hot sauce
1/2 tbsp (8mL)
sunflower kernels
1 1/2 tbsp (18g)
oil
1 tbsp (15mL)
garlic, minced
1 1/2 clove (5g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

Roasted almonds

1/2 cup(s) - 388 cals ● 13g protein ● 31g fat ● 6g carbs ● 8g fiber



Makes 1/2 cup(s)

almonds
1/2 cup, whole (63g)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 3, day 4

Sunflower seeds

226 cal ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels

1 1/4 oz (35g)

For all 2 meals:

sunflower kernels

2 1/2 oz (71g)

1. This recipe has no instructions.

Seitan salad

718 cal ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



For single meal:

oil

2 tsp (10mL)

nutritional yeast

2 tsp (3g)

salad dressing

2 tbsp (30mL)

avocados, sliced

1/2 avocado(s) (101g)

tomatoes, halved

12 cherry tomatoes (204g)

fresh spinach

4 cup(s) (120g)

seitan, sliced

6 oz (170g)

For all 2 meals:

oil

4 tsp (20mL)

nutritional yeast

4 tsp (5g)

salad dressing

4 tbsp (60mL)

avocados, sliced

1 avocado(s) (201g)

tomatoes, halved

24 cherry tomatoes (408g)

fresh spinach

8 cup(s) (240g)

seitan, sliced

3/4 lbs (340g)

1. Heat oil in a skillet over medium heat.
 2. Add in sliced seitan and cook until browned, about 5 minutes.
 3. Transfer to a bed of spinach.
 4. Top with tomatoes, avocado, salad dressing and nutritional yeast.
-

Dinner 4 [🔗](#)

Eat on day 5, day 6

Tomato and avocado salad

469 cals ● 6g protein ● 37g fat ● 13g carbs ● 16g fiber



For single meal:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)

For all 2 meals:

onion
4 tbsp minced (60g)
lime juice
4 tbsp (60mL)
avocados, cubed
2 avocado(s) (402g)
tomatoes, diced
2 medium whole (2-3/5" dia) (246g)
olive oil
1 tbsp (15mL)
garlic powder
1 tsp (3g)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Seitan Philly cheesesteak

1 sub(s) - 571 cals ● 38g protein ● 21g fat ● 55g carbs ● 4g fiber



For single meal:

cheese
1 slice (1 oz each) (28g)
seitan, cut into strips
3 oz (85g)
bell pepper, sliced
1/2 small (37g)
onion, chopped
1/4 medium (2-1/2" dia) (28g)
oil
1/2 tbsp (8mL)
sub roll(s)
1 roll(s) (85g)

For all 2 meals:

cheese
2 slice (1 oz each) (56g)
seitan, cut into strips
6 oz (170g)
bell pepper, sliced
1 small (74g)
onion, chopped
1/2 medium (2-1/2" dia) (55g)
oil
1 tbsp (15mL)
sub roll(s)
2 roll(s) (170g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Dinner 5 [↗](#)

Eat on day 7

Patty melt

2 sandwich(es) - 999 cals ● 41g protein ● 51g fat ● 76g carbs ● 18g fiber



Makes 2 sandwich(es)

oil

1 1/2 tbsp (23mL)

vegan mayonnaise

4 tbsp (60g)

dijon mustard

1 tbsp (15g)

onion, thinly sliced

1 small (70g)

veggie burger patty

2 patty (142g)

bread

4 slice(s) (128g)

1. Heat about 2/3rds of the oil in a large skillet over medium-high heat. Add the onions to one half of the skillet and season with some salt and pepper. Add the veggie patty to the other side. Cook onions until they start to brown, 10-12 minutes. Cook patty 5-6 minutes per side (or time according to package instructions). Turn off heat and set aside.
2. Stir mayo and mustard together in a small bowl. Spread sauce evenly on all sides of the bread.
3. Place patty on bottom slice and top with onions and remaining bread slice.
4. Wipe out the skillet and heat the remaining oil over medium heat. Add the patty melts and cook until golden brown, about 5-7 minutes per side.
5. Cut in half and serve.

Simple kale salad

1/2 cup(s) - 28 cals ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



Makes 1/2 cup(s)

salad dressing

1/2 tbsp (8mL)

kale leaves

1/2 cup, chopped (20g)

1. Toss kale in dressing of your choice and serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 scoop - 327 cals ● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:

- water**
3 cup(s) (711mL)
- protein powder**
3 scoop (1/3 cup ea) (93g)

For all 7 meals:

- water**
21 cup(s) (4977mL)
- protein powder**
21 scoop (1/3 cup ea) (651g)

1. This recipe has no instructions.