

Meal Plan - 2700 calorie 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

2743 cals ● 174g protein (25%) ● 142g fat (47%) ● 161g carbs (24%) ● 31g fiber (4%)

Breakfast

455 cals, 19g protein, 57g net carbs, 15g fat



Breakfast cereal
386 cals



Boiled eggs
1 egg(s)- 69 cals

Snacks

365 cals, 10g protein, 28g net carbs, 22g fat



Cucumbers and ranch
159 cals



Grapes
58 cals



Milk
1 cup(s)- 149 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

1000 cals, 51g protein, 55g net carbs, 59g fat



Buffalo tofu
709 cals



Lentils
289 cals

Dinner

650 cals, 33g protein, 19g net carbs, 45g fat



Seitan salad
359 cals



Walnuts
3/8 cup(s)- 291 cals

Day 2

2728 cals ● 191g protein (28%) ● 91g fat (30%) ● 244g carbs (36%) ● 42g fiber (6%)

Breakfast

455 cals, 19g protein, 57g net carbs, 15g fat



Breakfast cereal
386 cals



Boiled eggs
1 egg(s)- 69 cals

Snacks

365 cals, 10g protein, 28g net carbs, 22g fat



Cucumbers and ranch
159 cals



Grapes
58 cals



Milk
1 cup(s)- 149 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

855 cals, 54g protein, 85g net carbs, 27g fat



Simple plant-based deli wrap
2 wrap(s)- 853 cals

Dinner

780 cals, 47g protein, 72g net carbs, 26g fat



Corn
185 cals



Basic tempeh
6 oz- 443 cals



Dinner roll
2 roll- 154 cals

Day 3

2730 cals ● 193g protein (28%) ● 115g fat (38%) ● 180g carbs (26%) ● 50g fiber (7%)

Breakfast

420 cals, 27g protein, 14g net carbs, 28g fat



Creamy scrambled eggs
273 cals



Milk
1 cup(s)- 149 cals

Snacks

360 cals, 10g protein, 19g net carbs, 22g fat



Carrots and hummus
164 cals



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



Carrots and ranch
87 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

855 cals, 54g protein, 85g net carbs, 27g fat



Simple plant-based deli wrap
2 wrap(s)- 853 cals

Dinner

820 cals, 41g protein, 59g net carbs, 37g fat



Caprese salad
249 cals



Chickpea & chickpea pasta
573 cals

Day 4

2663 cal ● 173g protein (26%) ● 102g fat (34%) ● 216g carbs (33%) ● 48g fiber (7%)

Breakfast

420 cal, 27g protein, 14g net carbs, 28g fat



Creamy scrambled eggs
273 cal



Milk
1 cup(s)- 149 cal

Snacks

360 cal, 10g protein, 19g net carbs, 22g fat



Carrots and hummus
164 cal



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



Carrots and ranch
87 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cal

Lunch

785 cal, 34g protein, 122g net carbs, 14g fat



Fruit juice
2 1/2 cup(s)- 287 cal



Cherry tomatoes
9 cherry tomatoes- 32 cal



Vegan meatball sub
1 sub(s)- 468 cal

Dinner

820 cal, 41g protein, 59g net carbs, 37g fat



Caprese salad
249 cal



Chickpea & chickpea pasta
573 cal



Day 5

2678 cals ● 194g protein (29%) ● 86g fat (29%) ● 226g carbs (34%) ● 57g fiber (9%)

Breakfast

470 cals, 31g protein, 55g net carbs, 12g fat



Banana & cottage cheese toast
2 toast(s)- 322 cals



Milk
1 cup(s)- 149 cals

Snacks

360 cals, 10g protein, 19g net carbs, 22g fat



Carrots and hummus
164 cals



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



Carrots and ranch
87 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

785 cals, 34g protein, 122g net carbs, 14g fat



Fruit juice
2 1/2 cup(s)- 287 cals



Cherry tomatoes
9 cherry tomatoes- 32 cals



Vegan meatball sub
1 sub(s)- 468 cals

Dinner

785 cals, 59g protein, 28g net carbs, 38g fat



Garlic collard greens
159 cals



Buffalo tempeh with tzatziki
628 cals

Day 6

2615 cals ● 194g protein (30%) ● 80g fat (28%) ● 247g carbs (38%) ● 32g fiber (5%)

Breakfast

470 cals, 31g protein, 55g net carbs, 12g fat



Banana & cottage cheese toast
2 toast(s)- 322 cals



Milk
1 cup(s)- 149 cals

Snacks

355 cals, 24g protein, 28g net carbs, 14g fat



Protein bar
1 bar- 245 cals



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

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

805 cals, 37g protein, 101g net carbs, 26g fat



Fruit juice
1 3/4 cup(s)- 201 cals



Chik'n nuggets
11 nuggets- 607 cals

Dinner

710 cals, 43g protein, 62g net carbs, 28g fat



Curried tofu salad
446 cals



Naan bread
1 piece(s)- 262 cals

Day 7

2615 cals ● 194g protein (30%) ● 80g fat (28%) ● 247g carbs (38%) ● 32g fiber (5%)

Breakfast

470 cals, 31g protein, 55g net carbs, 12g fat



Banana & cottage cheese toast
2 toast(s)- 322 cals



Milk
1 cup(s)- 149 cals

Snacks

355 cals, 24g protein, 28g net carbs, 14g fat



Protein bar
1 bar- 245 cals



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

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

805 cals, 37g protein, 101g net carbs, 26g fat



Fruit juice
1 3/4 cup(s)- 201 cals



Chik'n nuggets
11 nuggets- 607 cals

Dinner

710 cals, 43g protein, 62g net carbs, 28g fat



Curried tofu salad
446 cals



Naan bread
1 piece(s)- 262 cals



Fats and Oils

- ☐ oil
2 1/2 oz (72mL)
- ☐ salad dressing
1 tbsp (15mL)
- ☐ ranch dressing
2/3 cup (165mL)
- ☐ balsamic vinaigrette
2 1/3 tbsp (35mL)
- ☐ vegan mayonnaise
1/4 cup (55g)

Other

- ☐ nutritional yeast
5 tsp (6g)
- ☐ mixed greens
1 1/2 package (5.5 oz) (241g)
- ☐ plant-based deli slices
28 slices (291g)
- ☐ chickpea pasta
4 oz (113g)
- ☐ vegan meatballs, frozen
8 meatball(s) (240g)
- ☐ sub roll(s)
2 roll(s) (170g)
- ☐ tzatziki
1/4 cup(s) (56g)
- ☐ vegan chik'n nuggets
22 nuggets (473g)
- ☐ protein bar (20g protein)
2 bar (100g)

Fruits and Fruit Juices

- ☐ avocados
1/4 avocado(s) (50g)
- ☐ grapes
2 cup (184g)
- ☐ fruit juice
68 fl oz (2040mL)
- ☐ banana
3 extra small (less than 6" long) (243g)
- ☐ lemon juice
2 tbsp (27mL)

Vegetables and Vegetable Products

- ☐ tomatoes
5 3/4 medium whole (2-3/5" dia) (702g)

Nut and Seed Products

- ☐ walnuts
6 3/4 tbsp, shelled (42g)
- ☐ almonds
10 tbsp, whole (89g)

Beverages

- ☐ water
19 cup(s) (4543mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Breakfast Cereals

- ☐ breakfast cereal
4 serving (120g)

Dairy and Egg Products

- ☐ whole milk
9 cup (2206mL)
- ☐ eggs
8 large (400g)
- ☐ butter
1/4 stick (28g)
- ☐ fresh mozzarella cheese
1/4 lbs (99g)
- ☐ low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
9 1/4 tbsp (139mL)
- ☐ pasta sauce
1/2 cup (130g)

Legumes and Legume Products

- ☐ firm tofu
14 oz (397g)
- ☐ lentils, raw
6 3/4 tbsp (80g)
- ☐ tempeh
14 oz (397g)
- ☐ hummus
1 1/4 cup (300g)
- ☐ chickpeas, canned
1 can (448g)

- ☐ fresh spinach
2 cup(s) (60g)
- ☐ cucumber
1 cucumber (8-1/4") (301g)
- ☐ frozen corn kernels
1 1/3 cup (181g)
- ☐ baby carrots
66 medium (660g)
- ☐ garlic
7 1/3 clove(s) (22g)
- ☐ onion
1 medium (2-1/2" dia) (110g)
- ☐ collard greens
1/2 lbs (227g)
- ☐ ketchup
1/3 cup (94g)
- ☐ red bell pepper
2 medium (approx 2-3/4" long, 2-1/2 dia.) (218g)
- ☐ carrots
2 large (132g)

Cereal Grains and Pasta

- ☐ seitan
3 oz (85g)

- ☐ soy sauce
2 tbsp (27mL)
- ☐ extra firm tofu
22 oz (624g)

Spices and Herbs

- ☐ salt
5 dash (4g)
- ☐ black pepper
3 dash, ground (1g)
- ☐ fresh basil
9 1/4 tbsp leaves, whole (14g)
- ☐ cinnamon
1/4 tbsp (2g)
- ☐ apple cider vinegar
2 tbsp (27g)
- ☐ crushed red pepper
1/2 tsp (1g)
- ☐ curry powder
2 tsp (4g)

Baked Products

- ☐ Roll
2 pan, dinner, or small roll (2" square, 2" high) (56g)
 - ☐ flour tortillas
4 tortilla (approx 10" dia) (288g)
 - ☐ bread
6 slice (192g)
 - ☐ naan bread
2 piece (180g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Breakfast cereal

386 cal ● 13g protein ● 10g fat ● 56g carbs ● 5g fiber



For single meal:

breakfast cereal
2 serving (60g)
whole milk
1 cup (240mL)

For all 2 meals:

breakfast cereal
4 serving (120g)
whole milk
2 cup (480mL)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since most breakfast cereals are going to have a very similar macronutrient breakdown.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Creamy scrambled eggs

273 cal ● 20g protein ● 20g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)
butter
1/2 tbsp (7g)
whole milk
1 1/2 tbsp (23mL)

For all 2 meals:

eggs
6 large (300g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
butter
1 tbsp (14g)
whole milk
3 tbsp (45mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Banana & cottage cheese toast

2 toast(s) - 322 calsgreen23g proteinorange4g fatblue43g carbsgrey6g fiber



For single meal:

- cinnamon**
2 dash (1g)
- banana, sliced**
1 extra small (less than 6" long) (81g)
- low fat cottage cheese (1% milkfat)**
1/2 cup (113g)
- bread**
2 slice (64g)

For all 3 meals:

- cinnamon**
1/4 tbsp (2g)
- banana, sliced**
3 extra small (less than 6" long) (243g)
- low fat cottage cheese (1% milkfat)**
1 1/2 cup (339g)
- bread**
6 slice (192g)

1. Toast bread.
2. Top toast with cottage cheese and sliced banana.
3. Sprinkle cinnamon on top and serve!

Milk

1 cup(s) - 149 calsgreen8g proteinorange8g fatblue12g carbsgrey0g fiber



For single meal:

- whole milk**
1 cup (240mL)

For all 3 meals:

- whole milk**
3 cup (720mL)

1. This recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1

Buffalo tofu

709 cals ● 32g protein ● 59g fat ● 13g carbs ● 1g fiber



ranch dressing

4 tbsp (60mL)

oil

1 tbsp (15mL)

Frank's Red Hot sauce

1/3 cup (79mL)

firm tofu, patted dry & cubed

14 oz (397g)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with ranch.

Lentils

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



salt

1 dash (1g)

water

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

lentils, raw, rinsed

6 2/3 tbsp (80g)

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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Lunch 2 [↗](#)

Eat on day 2, day 3

Simple plant-based deli wrap

2 wrap(s) - 853 cals ● 54g protein ● 27g fat ● 85g carbs ● 13g fiber



For single meal:

hummus

4 tbsp (60g)

tomatoes

4 slice(s), thin/small (60g)

mixed greens

1 cup (30g)

flour tortillas

2 tortilla (approx 10" dia) (144g)

plant-based deli slices

14 slices (146g)

For all 2 meals:

hummus

1/2 cup (120g)

tomatoes

8 slice(s), thin/small (120g)

mixed greens

2 cup (60g)

flour tortillas

4 tortilla (approx 10" dia) (288g)

plant-based deli slices

28 slices (291g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

Lunch 3 [↗](#)

Eat on day 4, day 5

Fruit juice

2 1/2 cup(s) - 287 cals ● 4g protein ● 1g fat ● 63g carbs ● 1g fiber



For single meal:

fruit juice

20 fl oz (600mL)

For all 2 meals:

fruit juice

40 fl oz (1200mL)

1. This recipe has no instructions.

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 2 meals:

tomatoes
18 cherry tomatoes (306g)

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

Vegan meatball sub

1 sub(s) - 468 cals ● 28g protein ● 12g fat ● 54g carbs ● 8g fiber



For single meal:

vegan meatballs, frozen
4 meatball(s) (120g)
pasta sauce
4 tbsp (65g)
nutritional yeast
1 tsp (1g)
sub roll(s)
1 roll(s) (85g)

For all 2 meals:

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)

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.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Fruit juice

1 3/4 cup(s) - 201 cals ● 3g protein ● 1g fat ● 44g carbs ● 1g fiber



For single meal:

fruit juice
14 fl oz (420mL)

For all 2 meals:

fruit juice
28 fl oz (840mL)

1. This recipe has no instructions.

Chik'n nuggets

11 nuggets - 607 cals ● 34g protein ● 25g fat ● 57g carbs ● 6g fiber



For single meal:

vegan chik'n nuggets
11 nuggets (237g)
ketchup
2 3/4 tbsp (47g)

For all 2 meals:

vegan chik'n nuggets
22 nuggets (473g)
ketchup
1/3 cup (94g)

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

Snacks 1 [↗](#)

Eat on day 1, day 2

Cucumbers and ranch

159 cals ● 2g protein ● 13g fat ● 7g carbs ● 1g fiber



For single meal:

cucumber, sliced
1/2 cucumber (8-1/4") (151g)
ranch dressing
2 tbsp (30mL)

For all 2 meals:

cucumber, sliced
1 cucumber (8-1/4") (301g)
ranch dressing
4 tbsp (60mL)

1. Slice the cucumber and serve with ranch to dip into.

Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

grapes
1 cup (92g)

For all 2 meals:

grapes
2 cup (184g)

1. This recipe has no instructions.

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Carrots and hummus

164 cals ● 6g protein ● 6g fat ● 14g carbs ● 8g fiber



For single meal:

hummus
4 tbsp (60g)
baby carrots
16 medium (160g)

For all 3 meals:

hummus
3/4 cup (180g)
baby carrots
48 medium (480g)

1. Serve carrots with hummus.

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 3 meals:

almonds
6 tbsp, whole (54g)

1. This recipe has no instructions.

Carrots and ranch

87 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

ranch dressing
1 tbsp (15mL)
baby carrots
6 medium (60g)

For all 3 meals:

ranch dressing
3 tbsp (45mL)
baby carrots
18 medium (180g)

1. slice carrots into thin strips. Serve with ranch to dip in.

Snacks 3 [🔗](#)

Eat on day 6, day 7

Protein bar

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



For single meal:

protein bar (20g protein)
1 bar (50g)

For all 2 meals:

protein bar (20g protein)
2 bar (100g)

1. This recipe has no instructions.

Roasted almonds

1/8 cup(s) - 111 cal● 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.
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Dinner 1 [↗](#)

Eat on day 1

Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



oil
1 tsp (5mL)
nutritional yeast
1 tsp (1g)
salad dressing
1 tbsp (15mL)
avocados, sliced
1/4 avocado(s) (50g)
tomatoes, halved
6 cherry tomatoes (102g)
fresh spinach
2 cup(s) (60g)
seitan, sliced
3 oz (85g)

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.

Walnuts

3/8 cup(s) - 291 cals ● 6g protein ● 27g fat ● 3g carbs ● 3g fiber

Makes 3/8 cup(s)



walnuts
6 2/3 tbsp, shelled (42g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2

Corn

185 cals ● 5g protein ● 1g fat ● 34g carbs ● 4g fiber



frozen corn kernels
1 1/3 cup (181g)

1. Prepare according to instructions on package.

Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

oil
1 tbsp (15mL)
tempeh
6 oz (170g)

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.

Dinner roll

2 roll - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



Makes 2 roll

Roll
2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

Dinner 3 [↗](#)

Eat on day 3, day 4

Caprese salad

249 cals ● 14g protein ● 16g fat ● 9g carbs ● 3g fiber



For single meal:

balsamic vinaigrette
3 1/2 tsp (17mL)
fresh basil
1/4 cup leaves, whole (7g)
tomatoes, halved
9 1/3 tbsp cherry tomatoes (87g)
mixed greens
5/8 package (5.5 oz) (90g)
fresh mozzarella cheese
1 3/4 oz (50g)

For all 2 meals:

balsamic vinaigrette
2 1/3 tbsp (35mL)
fresh basil
9 1/3 tbsp leaves, whole (14g)
tomatoes, halved
56 tsp cherry tomatoes (174g)
mixed greens
1 1/6 package (5.5 oz) (181g)
fresh mozzarella cheese
1/4 lbs (99g)

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

Chickpea & chickpea pasta

573 cals ● 27g protein ● 21g fat ● 51g carbs ● 19g fiber



For single meal:

nutritional yeast

1 tsp (1g)

butter

1/2 tbsp (7g)

oil

1/2 tbsp (8mL)

garlic, minced

2 clove(s) (6g)

chickpeas, canned, drained & rinsed

1/2 can (224g)

chickpea pasta

2 oz (57g)

onion, thinly sliced

1/2 medium (2-1/2" dia) (55g)

For all 2 meals:

nutritional yeast

2 tsp (3g)

butter

1 tbsp (14g)

oil

1 tbsp (15mL)

garlic, minced

4 clove(s) (12g)

chickpeas, canned, drained & rinsed

1 can (448g)

chickpea pasta

4 oz (113g)

onion, thinly sliced

1 medium (2-1/2" dia) (110g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

Dinner 4 [🔗](#)

Eat on day 5

Garlic collard greens

159 cals ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



collard greens

1/2 lbs (227g)

oil

1/2 tbsp (8mL)

garlic, minced

1 1/2 clove(s) (5g)

salt

1 dash (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Buffalo tempeh with tzatziki

628 cals ● 52g protein ● 29g fat ● 23g carbs ● 16g fiber



oil
1 tbsp (15mL)
tzatziki
1/4 cup(s) (56g)
Frank's Red Hot sauce
4 tbsp (60mL)
tempeh, roughly chopped
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with tzatziki.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Curried tofu salad

446 cals ● 34g protein ● 23g fat ● 18g carbs ● 9g fiber



For single meal:

apple cider vinegar
1 tbsp (14g)
vegan mayonnaise
2 tbsp (28g)
garlic, minced
1 clove (3g)
red bell pepper, chopped
1 medium (approx 2-3/4" long, 2-1/2 dia.) (109g)
carrots, grated
1 large (66g)
soy sauce
1 tbsp (14mL)
crushed red pepper
2 dash (0g)
extra firm tofu, drained and cubed
2/3 lbs (312g)
curry powder
1 tsp (2g)
lemon juice
1 tbsp (14mL)

For all 2 meals:

apple cider vinegar
2 tbsp (27g)
vegan mayonnaise
1/4 cup (55g)
garlic, minced
2 clove (5g)
red bell pepper, chopped
2 medium (approx 2-3/4" long, 2-1/2 dia.) (218g)
carrots, grated
2 large (132g)
soy sauce
2 tbsp (27mL)
crushed red pepper
1/2 tsp (1g)
extra firm tofu, drained and cubed
22 oz (624g)
curry powder
2 tsp (4g)
lemon juice
2 tbsp (27mL)

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.

Naan bread

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



For single meal:

naan bread
1 piece (90g)

For all 2 meals:

naan bread
2 piece (180g)

1. This recipe has no instructions.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cals ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

water
2 1/2 cup(s) (593mL)
protein powder
2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

water
17 1/2 cup(s) (4148mL)
protein powder
17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.
