

Meal Plan - 1900 calorie intermittent fasting 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

1861 cals ● 151g protein (32%) ● 92g fat (45%) ● 81g carbs (17%) ● 27g fiber (6%)

Lunch

740 cals, 23g protein, 52g net carbs, 43g fat



[Simple kale & avocado salad](#)
288 cals



[Coconut ginger tofu congee](#)
451 cals

Dinner

905 cals, 80g protein, 27g net carbs, 48g fat



[Baked tofu](#)
28 oz- 792 cals



[Simple mixed greens and tomato salad](#)
113 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 scoop- 218 cals

Day 2

1921 cals ● 121g protein (25%) ● 47g fat (22%) ● 205g carbs (43%) ● 49g fiber (10%)

Lunch

885 cals, 32g protein, 119g net carbs, 24g fat



[Tofu curry with rice](#)
499 cals



[Easy chickpea salad](#)
234 cals



[Fruit juice](#)
1 1/3 cup(s)- 153 cals

Dinner

820 cals, 40g protein, 84g net carbs, 22g fat



[Chickpea & kale soup](#)
818 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 scoop- 218 cals

Day 3

1909 cals ● 144g protein (30%) ● 65g fat (31%) ● 143g carbs (30%) ● 44g fiber (9%)

Lunch

875 cals, 55g protein, 57g net carbs, 43g fat



[Roasted broccoli with nutritional yeast](#)
2 1/2 cup(s)- 269 cals



[Breaded seitan nuggets](#)
604 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 scoop- 218 cals

Dinner

820 cals, 40g protein, 84g net carbs, 22g fat



[Chickpea & kale soup](#)
818 cals

Day 4

1858 cals ● 127g protein (27%) ● 56g fat (27%) ● 169g carbs (36%) ● 42g fiber (9%)

Lunch

830 cals, 39g protein, 86g net carbs, 25g fat



[Lentil and veggie soup](#)
555 cals



[Simple mixed greens salad](#)
102 cals



[Avocado](#)
176 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 scoop- 218 cals

Dinner

810 cals, 40g protein, 81g net carbs, 31g fat



[Vegan buttered corn](#)
234 cals



[Lentils](#)
231 cals



[Basic tofu](#)
8 oz- 342 cals

Day 5

1944 cals ● 143g protein (29%) ● 82g fat (38%) ● 125g carbs (26%) ● 33g fiber (7%)

Lunch

885 cals, 41g protein, 38g net carbs, 56g fat



[Lemon pepper tofu](#)
14 oz- 504 cals



[Pecans](#)
1/4 cup- 183 cals



[Simple salad with tomatoes and carrots](#)
196 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 scoop- 218 cals

Dinner

845 cals, 54g protein, 84g net carbs, 26g fat



[Vegan meatball sub](#)
1 1/2 sub(s)- 702 cals



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

Day 6

1933 cals ● 140g protein (29%) ● 70g fat (33%) ● 160g carbs (33%) ● 24g fiber (5%)

Lunch

870 cals, 38g protein, 74g net carbs, 44g fat



Tomato and avocado salad
117 cals



Sesame orange tofu
14 oz tofu- 754 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Dinner

845 cals, 54g protein, 84g net carbs, 26g fat



Vegan meatball sub
1 1/2 sub(s)- 702 cals



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

Day 7

1852 cals ● 140g protein (30%) ● 77g fat (38%) ● 113g carbs (24%) ● 36g fiber (8%)

Lunch

870 cals, 38g protein, 74g net carbs, 44g fat



Tomato and avocado salad
117 cals



Sesame orange tofu
14 oz tofu- 754 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Dinner

760 cals, 53g protein, 38g net carbs, 32g fat



Simple salad with tomatoes and carrots
98 cals



Carrot & grounds stir fry
664 cals

Vegetables and Vegetable Products

- ☐ kale leaves
13 1/2 oz (386g)
- ☐ garlic
13 1/3 clove(s) (40g)
- ☐ fresh ginger
1/2 oz (13g)
- ☐ tomatoes
3 medium whole (2-3/5" dia) (376g)
- ☐ fresh parsley
1 1/2 sprigs (2g)
- ☐ onion
1 1/3 medium (2-1/2" dia) (133g)
- ☐ broccoli
2 1/2 cup chopped (228g)
- ☐ ketchup
2 2/3 tbsp (45g)
- ☐ frozen corn kernels
1 2/3 cup (227g)
- ☐ frozen mixed veggies
1 1/2 cup (203g)
- ☐ carrots
4 medium (238g)
- ☐ romaine lettuce
1 1/2 hearts (750g)
- ☐ fresh cilantro
2 tbsp, chopped (6g)

Fruits and Fruit Juices

- ☐ lemon
1 1/2 small (94g)
- ☐ avocados
1 1/2 avocado(s) (327g)
- ☐ fruit juice
10 2/3 fl oz (320mL)
- ☐ lemon juice
1/2 tsp (3mL)
- ☐ lime juice
5/6 fl oz (25mL)
- ☐ orange
1 fruit (2-7/8" dia) (140g)

Other

- ☐ sriracha chili sauce
1 1/4 oz (35g)
- ☐ mixed greens
4 1/2 cup (135g)
- ☐ curry sauce
1/3 jar (15 oz) (142g)

Fats and Oils

- ☐ oil
4 oz (115mL)
- ☐ salad dressing
6 3/4 tbsp (101mL)
- ☐ olive oil
1/4 tbsp (4mL)

Legumes and Legume Products

- ☐ firm tofu
3 3/4 lbs (1710g)
- ☐ soy sauce
13 1/2 oz (320mL)
- ☐ extra firm tofu
1 3/4 lbs (794g)
- ☐ chickpeas, canned
3 1/2 can (1568g)
- ☐ lentils, raw
13 1/4 tbsp (160g)
- ☐ vegetarian burger crumbles
1/2 lbs (227g)

Nut and Seed Products

- ☐ coconut milk, canned
4 tbsp (60mL)
- ☐ sesame seeds
1 oz (28g)
- ☐ pecans
4 tbsp, halves (25g)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
4 tsp (14g)
- ☐ long-grain white rice
1/2 cup (92g)
- ☐ seitan
1/3 lbs (151g)
- ☐ cornstarch
1/2 cup (64g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
14 cup(s) (mL)
- ☐ apple cider vinegar
1/2 tbsp (0mL)
- ☐ pasta sauce
3/4 cup (195g)

- ☐ nutritional yeast
1/2 oz (12g)
- ☐ vegan butter
2 tsp (9g)
- ☐ vegan meatballs, frozen
12 meatball(s) (360g)
- ☐ sub roll(s)
3 roll(s) (255g)
- ☐ soy milk, unsweetened
3 1/3 cup (799mL)
- ☐ sesame oil
2 tbsp (30mL)

Beverages

- ☐ water
16 cup (3802mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Spices and Herbs

- ☐ balsamic vinegar
1/2 tbsp (8mL)
- ☐ black pepper
1/8 oz (1g)
- ☐ ground cumin
1/3 tsp (1g)
- ☐ ground coriander
1/3 tsp (1g)
- ☐ garlic powder
1 tsp (3g)
- ☐ salt
2 1/2 g (2g)
- ☐ lemon pepper
4 dash (1g)
- ☐ crushed red pepper
1/3 tsp (1g)

Baked Products

- ☐ bread crumbs
1/4 cup (24g)

Sweets

- ☐ sugar
4 tbsp (52g)
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Lunch 1 [↗](#)

Eat on day 1

Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



kale leaves, chopped

5/8 bunch (106g)

lemon, juiced

5/8 small (36g)

avocados, chopped

5/8 avocado(s) (126g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Coconut ginger tofu congee

451 cals ● 17g protein ● 24g fat ● 40g carbs ● 2g fiber



garlic, minced

1 clove(s) (3g)

sriracha chili sauce

1 tsp (5g)

water

1/2 cup(s) (118mL)

oil

1 tsp (5mL)

fresh ginger, minced

1 1/2 tbsp (9g)

firm tofu, patted dry & cubed

5 oz (142g)

coconut milk, canned

4 tbsp (60mL)

quinoa, uncooked

4 tsp (14g)

long-grain white rice

2 2/3 tbsp (31g)

1. Combine rice, quinoa, ginger, garlic, coconut milk, water, and some salt in a saucepan. Bring to a boil, cover, reduce heat to low and cook until grains are tender and water is mostly absorbed, about 15-20 minutes.
2. Meanwhile, heat the oil in a skillet. Add tofu and season with some salt and pepper. Cook until lightly browned, 4-6 minutes.
3. Transfer the rice to a bowl and top with tofu. Drizzle sriracha on top and serve.

Lunch 2 [🔗](#)

Eat on day 2

Tofu curry with rice

499 cals ● 18g protein ● 19g fat ● 60g carbs ● 3g fiber



curry sauce

1/3 jar (15 oz) (142g)

oil

1/4 tbsp (3mL)

firm tofu

1/3 lbs (151g)

long-grain white rice

1/3 cup (62g)

1. Cook rice according to package.
2. Drain and rinse tofu. Pat dry and press gently to get any extra liquid.
3. Cube tofu into rough, bite-sized chunks.
4. Heat oil in skillet over high heat. Add tofu and do not stir until the bottoms are browned, about 5 minutes.
5. Then gently stir and continue cooking tofu until all sides are browned.
6. Pour in curry sauce. Bring to a simmer and cook until heated through.
7. Serve tofu curry over rice.

Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



fresh parsley, chopped

1 1/2 sprigs (2g)

apple cider vinegar

1/2 tbsp (0mL)

balsamic vinegar

1/2 tbsp (8mL)

tomatoes, halved

1/2 cup cherry tomatoes (75g)

onion, thinly sliced

1/4 small (18g)

chickpeas, canned, drained and rinsed

1/2 can (224g)

1. Add all ingredients to a bowl and toss. Serve!

Fruit juice

1 1/3 cup(s) - 153 cals ● 2g protein ● 1g fat ● 34g carbs ● 1g fiber



Makes 1 1/3 cup(s)

fruit juice

10 2/3 fl oz (320mL)

1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 3

Roasted broccoli with nutritional yeast

2 1/2 cup(s) - 269 cal ● 9g protein ● 19g fat ● 10g carbs ● 7g fiber



Makes 2 1/2 cup(s)

nutritional yeast

1 1/4 tbsp (5g)

oil

1 1/4 tbsp (19mL)

broccoli

2 1/2 cup chopped (228g)

1. Preheat oven to 425F (220C).
2. Toss broccoli in oil and roast in the oven for 20-25 minutes.
3. Remove and season with nutritional yeast and salt/pepper to taste. Serve.

Breaded seitan nuggets

604 cal ● 46g protein ● 24g fat ● 47g carbs ● 3g fiber



ketchup

2 2/3 tbsp (45g)

seitan, broken into bite-sized pieces

1/3 lbs (151g)

bread crumbs

1/4 cup (24g)

oil

4 tsp (20mL)

soy sauce

4 tsp (20mL)

black pepper

2/3 dash, ground (0g)

ground cumin

1/3 tsp (1g)

ground coriander

1/3 tsp (1g)

garlic powder

1/4 tbsp (2g)

1. In a small bowl, combine bread crumbs, garlic powder, coriander, cumin, and black pepper. In a separate bowl, add the soy sauce.
2. Dip the seitan nuggets in the soy sauce, then in the bread crumb mixture until fully coated. Set aside.
3. Heat oil in a skillet over medium heat. Fry seitan until browned on all sides.
4. Serve with ketchup.

Lunch 4 [↗](#)

Eat on day 4

Lentil and veggie soup

555 cal ● 35g protein ● 3g fat ● 78g carbs ● 20g fiber



lentils, raw

1/2 cup (96g)

vegetable broth

2 cup(s) (mL)

kale leaves

1 cup, chopped (40g)

nutritional yeast

1 tbsp (4g)

garlic

1 clove(s) (3g)

frozen mixed veggies

1 1/2 cup (203g)

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 salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



mixed greens

2 1/4 cup (68g)

salad dressing

2 1/4 tbsp (34mL)

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

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

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

Lunch 5 [↗](#)

Eat on day 5

Lemon pepper tofu

14 oz - 504 cals ● 31g protein ● 32g fat ● 23g carbs ● 1g fiber



Makes 14 oz

lemon pepper

4 dash (1g)

oil

1 tbsp (15mL)

cornstarch

2 tbsp (16g)

lemon, zested

1 small (58g)

firm tofu, patted dry & cubed

14 oz (397g)

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.

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

pecans

4 tbsp, halves (25g)

1. This recipe has no instructions.

Simple salad with tomatoes and carrots

196 cals ● 8g protein ● 6g fat ● 14g carbs ● 13g fiber



salad dressing

1 1/2 tbsp (23mL)

tomatoes, diced

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

carrots, sliced

1/2 medium (31g)

romaine lettuce, roughly chopped

1 hearts (500g)

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

Lunch 6 [↗](#)

Eat on day 6, day 7

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

onion

1/2 tbsp minced (8g)

lime juice

1/2 tbsp (8mL)

avocados, cubed

1/4 avocado(s) (50g)

tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

olive oil

3/8 tsp (2mL)

garlic powder

1 dash (0g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

For all 2 meals:

onion

1 tbsp minced (15g)

lime juice

1 tbsp (15mL)

avocados, cubed

1/2 avocado(s) (101g)

tomatoes, diced

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

olive oil

1/4 tbsp (4mL)

garlic powder

2 dash (1g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

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.

Sesame orange tofu

14 oz tofu - 754 cals ● 37g protein ● 35g fat ● 71g carbs ● 3g fiber



For single meal:

- sesame oil**
1 tbsp (15mL)
- sesame seeds**
2 tsp (6g)
- cornstarch**
3 tbsp (24g)
- firm tofu, patted dry & cubed**
14 oz (397g)
- sriracha chili sauce**
1 tbsp (15g)
- sugar**
2 tbsp (26g)
- soy sauce**
2 tbsp (30mL)
- orange, juiced**
1/2 fruit (2-7/8" dia) (70g)
- garlic, minced**
2 clove(s) (6g)

For all 2 meals:

- sesame oil**
2 tbsp (30mL)
- sesame seeds**
4 tsp (12g)
- cornstarch**
6 tbsp (48g)
- firm tofu, patted dry & cubed**
1 3/4 lbs (794g)
- sriracha chili sauce**
2 tbsp (30g)
- sugar**
4 tbsp (52g)
- soy sauce**
4 tbsp (60mL)
- orange, juiced**
1 fruit (2-7/8" dia) (140g)
- garlic, minced**
4 clove(s) (12g)

1. Make orange sauce. In a small bowl whisk together the garlic, orange juice, sugar, soy sauce and sriracha. Set aside.
2. In a large bowl toss the cubed tofu with the cornstarch and sesame seeds.
3. Heat sesame oil in a skillet over medium heat. Add tofu and fry until crispy, 5-8 minutes.
4. Pour in orange sauce and cook until thickened and warmed, 1-2 minutes.
5. Serve.

Dinner 1 [↗](#)

Eat on day 1

Baked tofu

28 oz - 792 cals ● 77g protein ● 41g fat ● 19g carbs ● 9g fiber



Makes 28 oz

soy sauce

14 tbsp (210mL)

extra firm tofu

1 3/4 lbs (794g)

fresh ginger, peeled and grated

1 3/4 slices (1" dia) (4g)

sesame seeds

1 3/4 tbsp (16g)

1. Lay tofu cubes onto several layers of paper towel; top with more paper towel. Place something heavy onto the tofu to squeeze excess water from the tofu; let sit until the tofu is drained, 20 to 30 minutes.
2. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast sesame seeds in hot skillet until fragrant, about 5 minutes.
4. Mix soy sauce, ginger, and sesame seeds together in a large pan. Marinate tofu in the soy sauce mixture until it absorbs some of the sauce, about 12 minutes per side.
5. Spread marinated tofu onto the prepared baking sheet.
6. Bake tofu in preheated oven for 15 minutes, flip, and continue baking until firm and heated through, about 15 minutes more.

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



salad dressing

2 1/4 tbsp (34mL)

mixed greens

2 1/4 cup (68g)

tomatoes

6 tbsp cherry tomatoes (56g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Chickpea & kale soup

818 cals ● 40g protein ● 22g fat ● 84g carbs ● 32g fiber



For single meal:

oil

1/2 tbsp (8mL)

garlic, minced

3 clove(s) (9g)

vegetable broth

6 cup(s) (mL)

kale leaves, chopped

3 cup, chopped (120g)

chickpeas, canned, drained

1 1/2 can (672g)

For all 2 meals:

oil

1 tbsp (15mL)

garlic, minced

6 clove(s) (18g)

vegetable broth

12 cup(s) (mL)

kale leaves, chopped

6 cup, chopped (240g)

chickpeas, canned, drained

3 can (1344g)

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.

Dinner 3 [↗](#)

Eat on day 4

Vegan buttered corn

234 cals ● 7g protein ● 2g fat ● 42g carbs ● 5g fiber



black pepper

1 1/4 dash (0g)

salt

1 1/4 dash (1g)

vegan butter

2 tsp (9g)

frozen corn kernels

1 2/3 cup (227g)

1. Prepare corn according to instructions on package.
2. Top with butter and season with salt and pepper to taste.

Lentils

231 cals ● 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.

Basic tofu

8 oz - 342 cal ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



Makes 8 oz

firm tofu

1/2 lbs (227g)

oil

4 tsp (20mL)

1. Slice tofu 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 4 [🔗](#)

Eat on day 5, day 6

Vegan meatball sub

1 1/2 sub(s) - 702 cal ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



For single meal:

vegan meatballs, frozen

6 meatball(s) (180g)

pasta sauce

6 tbsp (98g)

nutritional yeast

1/2 tbsp (2g)

sub roll(s)

1 1/2 roll(s) (128g)

For all 2 meals:

vegan meatballs, frozen

12 meatball(s) (360g)

pasta sauce

3/4 cup (195g)

nutritional yeast

1 tbsp (4g)

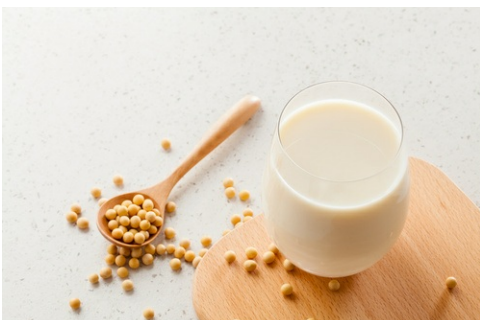
sub roll(s)

3 roll(s) (255g)

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.

Soy milk

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



For single meal:

soy milk, unsweetened

1 2/3 cup(s) (400mL)

For all 2 meals:

soy milk, unsweetened

1/4 gallon (800mL)

1. This recipe has no instructions.

Dinner 5 [↗](#)

Eat on day 7

Simple salad with tomatoes and carrots

98 cals ● 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.

Carrot & grounds stir fry

664 cals ● 49g protein ● 29g fat ● 31g carbs ● 21g fiber



fresh cilantro, chopped

2 tbsp, chopped (6g)

oil

4 tsp (20mL)

lime juice

2 tsp (10mL)

crushed red pepper

1/3 tsp (1g)

water

4 tsp (20mL)

soy sauce

2 tbsp (30mL)

onion, chopped

2/3 large (100g)

garlic, minced

1 1/3 clove(s) (4g)

vegetarian burger crumbles

1/2 lbs (227g)

carrots

2 2/3 large (192g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
 2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
 3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
 4. Once fully cooked, serve and top with lime juice and remaining cilantro,
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

- water**
2 cup(s) (474mL)
- protein powder**
2 scoop (1/3 cup ea) (62g)

For all 7 meals:

- water**
14 cup(s) (3318mL)
- protein powder**
14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.