Meal Plan - 1300 calorie high protein vegan meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

1313 cals 120g protein (37%) 40g fat (27%) 99g carbs (30%) 20g fiber (6%)

Breakfast

185 cals, 6g protein, 34g net carbs, 1g fat

Medium toasted bagel with 'butter'
1/2 bagel(s)- 145 cals

Clementine
1 clementine(s)- 39 cals

Lunch

285 cals, 17g protein, 19g net carbs, 14g fat

Basic tofu
4 oz- 171 cals

Lentils
116 cals

Snacks

170 cals, 4g protein, 32g net carbs, 1g fat

Nectarine
1 nectarine(s)- 70 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

Fruit juice
2/3 cup(s)- 76 cals

Dinner

350 cals, 21g protein, 10g net carbs, 22g fat

Simple kale & avocado salad
115 cals

Chik'n satay with peanut sauce
2 skewers- 233 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 2

1364 cals 117g protein (34%) 32g fat (21%) 121g carbs (35%) 32g fiber (9%)

Breakfast

185 cals, 6g protein, 34g net carbs, 1g fat

Medium toasted bagel with 'butter'
1/2 bagel(s)- 145 cals

Clementine
1 clementine(s)- 39 cals

Lunch

340 cals, 13g protein, 42g net carbs, 6g fat

Zoodles marinara
338 cals

Snacks

170 cals, 4g protein, 32g net carbs, 1g fat

Nectarine
1 nectarine(s)- 70 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

Fruit juice
2/3 cup(s)- 76 cals

Dinner

350 cals, 21g protein, 10g net carbs, 22g fat

Simple kale & avocado salad
115 cals

Chik'n satay with peanut sauce
2 skewers- 233 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 3

1342 cals 117g protein (35%) 32g fat (22%) 114g carbs (34%) 32g fiber (10%)

Breakfast

185 cals, 6g protein, 34g net carbs, 1g fat

Medium toasted bagel with 'butter'
1/2 bagel(s)- 145 cals

Clementine
1 clementine(s)- 39 cals

Lunch

340 cals, 13g protein, 42g net carbs, 6g fat

Zoodles marinara
338 cals

Snacks

160 cals, 5g protein, 8g net carbs, 9g fat

Celery and peanut butter
109 cals

Blackberries
3/4 cup(s)- 52 cals

Dinner

330 cals, 20g protein, 27g net carbs, 14g fat

Soy milk
2/3 cup(s)- 56 cals

Chik'n nuggets
5 nuggets- 276 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 4

1364 cals ● 128g protein (38%) ● 33g fat (22%) ● 112g carbs (33%) ● 26g fiber (8%)

Breakfast

195 cals, 8g protein, 36g net carbs, 2g fat

Small toasted bagel with 'butter'
1 bagel(s)- 191 cals

Celery sticks
1 celery stalk- 7 cals

Snacks

160 cals, 5g protein, 8g net carbs, 9g fat

Celery and peanut butter
109 cals

Blackberries
3/4 cup(s)- 52 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Lunch

345 cals, 23g protein, 39g net carbs, 7g fat

Corn
92 cals

Veggie burger patty
2 patty- 254 cals

Dinner

330 cals, 20g protein, 27g net carbs, 14g fat

Soy milk
2/3 cup(s)- 56 cals

Chik'n nuggets
5 nuggets- 276 cals

Day 5

1301 cals ● 128g protein (39%) ● 30g fat (21%) ● 110g carbs (34%) ● 19g fiber (6%)

Breakfast

195 cals, 8g protein, 36g net carbs, 2g fat

Small toasted bagel with 'butter'
1 bagel(s)- 191 cals

Celery sticks
1 celery stalk- 7 cals

Snacks

160 cals, 5g protein, 8g net carbs, 9g fat

Celery and peanut butter
109 cals

Blackberries
3/4 cup(s)- 52 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Lunch

295 cals, 13g protein, 50g net carbs, 4g fat

Tofu alfredo pasta with broccoli
221 cals

Fruit juice
2/3 cup(s)- 76 cals

Dinner

320 cals, 30g protein, 14g net carbs, 14g fat

Soy milk
3/4 cup(s)- 64 cals

Simple seitan
3 oz- 183 cals

Roasted broccoli with nutritional yeast
2/3 cup(s)- 72 cals

Day 6

1342 cals 130g protein (39%) 51g fat (35%) 73g carbs (22%) 17g fiber (5%)

Breakfast

235 cals, 11g protein, 31g net carbs, 7g fat

Cucumber & vegan cream cheese bagels
1/2 bagel(s)- 197 cals

Vegan breakfast sausage links
1 links- 38 cals

Lunch

285 cals, 12g protein, 10g net carbs, 20g fat

Simple kale & avocado salad
115 cals

Spicy sriracha peanut tofu
171 cals

Snacks

175 cals, 4g protein, 15g net carbs, 10g fat

Kale chips
138 cals

Clementine
1 clementine(s)- 39 cals

Dinner

320 cals, 30g protein, 14g net carbs, 14g fat

Soy milk
3/4 cup(s)- 64 cals

Simple seitan
3 oz- 183 cals

Roasted broccoli with nutritional yeast
2/3 cup(s)- 72 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 7

1295 cals 119g protein (37%) 49g fat (34%) 78g carbs (24%) 18g fiber (5%)

Breakfast

235 cals, 11g protein, 31g net carbs, 7g fat

Cucumber & vegan cream cheese bagels
1/2 bagel(s)- 197 cals

Vegan breakfast sausage links
1 links- 38 cals

Lunch

285 cals, 12g protein, 10g net carbs, 20g fat

Simple kale & avocado salad
115 cals

Spicy sriracha peanut tofu
171 cals

Snacks

175 cals, 4g protein, 15g net carbs, 10g fat

Kale chips
138 cals

Clementine
1 clementine(s)- 39 cals

Dinner

270 cals, 20g protein, 19g net carbs, 11g fat

Tasty breaded seitan
211 cals

Tossed salad
61 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Grocery List

Vegetables and Vegetable Products

- [ ] kale leaves
  2 1/3 bunch (397g)
- [ ] fresh ginger
  2/3 inch (2.5cm) cube (3g)
- [ ] tomatoes
  2 medium whole (2-3/5" dia) (227g)
- [ ] zucchini
  6 medium (1176g)
- [ ] raw celery
  5 stalk, medium (7-1/2" - 8" long) (200g)
- [ ] ketchup
  2 1/2 tbsp (43g)
- [ ] frozen corn kernels
  2/3 cup (91g)
- [ ] broccoli
  1 1/3 cup chopped (121g)
- [ ] frozen broccoli
  1/8 package (36g)
- [ ] garlic
  1 1/4 clove(s) (4g)
- [ ] cucumber
  1/4 cucumber (8-1/4") (75g)
- [ ] purple onions
  1/8 medium (2-1/2" dia) (7g)
- [ ] romaine lettuce
  1/4 hearts (125g)
- [ ] carrots
  1/4 small (5-1/2" long) (13g)

Fruits and Fruit Juices

- [ ] lemon
  1 small (58g)
- [ ] avocados
  1 avocado(s) (201g)
- [ ] lime juice
  1 tbsp (15mL)
- [ ] clementines
  5 fruit (370g)
- [ ] nectarine
  2 medium (2-1/2" dia) (284g)
- [ ] fruit juice
  16 fl oz (480mL)
- [ ] blackberries
  2 1/4 cup (324g)

Other

- [ ] skewer(s)
  4 skewer(s) (4g)

Legumes and Legume Products

- [ ] peanut butter
  1/3 cup (85g)
- [ ] firm tofu
  13 oz (368g)
- [ ] lentils, raw
  2 3/4 tbsp (32g)
- [ ] soy sauce
  1/2 oz (13mL)

Beverages

- [ ] water
  22 cup(s) (5174mL)
- [ ] protein powder
  21 scoop (1/3 cup ea) (651g)
- [ ] almond milk, unsweetened
  1 tbsp (14mL)

Baked Products

- [ ] bagel
  4 medium bagel (3-1/2" to 4" dia) (401g)
- [ ] bread crumbs
  4 tsp (9g)

Fats and Oils

- [ ] oil
  1 1/2 oz (42mL)
- [ ] olive oil
  4 tsp (20mL)
- [ ] salad dressing
  1/2 tbsp (7mL)

Spices and Herbs

- [ ] salt
  1/4 oz (8g)
- [ ] basil, dried
  2 dash, ground (0g)
- [ ] garlic powder
  2 dash (1g)
- [ ] ground coriander
  1 dash (0g)
- [ ] ground cumin
  1 dash (0g)
- [ ] black pepper
  1/4 dash, ground (0g)

Soups, Sauces, and Gravies

- [ ] vegan chik'n strips
  1/3 lbs (151g)
- [ ] sesame oil
  2 tsp (10mL)
- [ ] vegan butter
  1 3/4 tbsp (25g)
- [ ] soy milk, unsweetened
  3 cup (679mL)
- [ ] vegan chik'n nuggets
  10 nuggets (215g)
- [ ] veggie burger patty
  2 patty (142g)
- [ ] nutritional yeast
  2 tsp (3g)
- [ ] dairy-free cream cheese
  2 tbsp (30g)
- [ ] italian seasoning
  2 dash (1g)
- [ ] vegan breakfast sausage links
  2 links (45g)
- [ ] sriracha chili sauce
  3/4 tbsp (11g)
- [ ] pasta sauce
  3 cup (780g)

Cereal Grains and Pasta

- [ ] seitan
  1/2 lbs (227g)
- [ ] uncooked dry pasta
  1 1/2 oz (43g)

Recipes

Breakfast 1

Eat on day 1, day 2, day 3

Medium toasted bagel with 'butter'

1/2 bagel(s) - 145 cals 6g protein 1g fat 27g carbs 1g fiber

For single meal:

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

For all 3 meals:

bagel
1 1/2 medium bagel (3-1/2" to 4" dia) (158g)
vegan butter
3/4 tbsp (11g)

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

Clementine

1 clementine(s) - 39 cals 1g protein 0g fat 8g carbs 1g fiber

For single meal:

clementines
1 fruit (74g)

For all 3 meals:

clementines
3 fruit (222g)

1. This recipe has no instructions.

Breakfast 2

Eat on day 4, day 5

Small toasted bagel with 'butter'

1 bagel(s) - 191 cals 7g protein 2g fat 35g carbs 2g fiber

For single meal:

bagel
1 small bagel (3" dia) (69g)
vegan butter
1/2 tbsp (7g)

For all 2 meals:

bagel
2 small bagel (3" dia) (138g)
vegan butter
1 tbsp (14g)

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

Celery sticks

1 celery stalk - 7 cals 0g protein 0g fat 1g carbs 1g fiber

For single meal:

raw celery
1 stalk, medium (7-1/2" - 8" long) (40g)

For all 2 meals:

raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)

1. Slice celery into sticks and serve.

Breakfast 3

Eat on day 6, day 7

Cucumber & vegan cream cheese bagels

1/2 bagel(s) - 197 cals 6g protein 5g fat 30g carbs 1g fiber

For single meal:

dairy-free cream cheese
1 tbsp (15g)
bagel
1/2 medium bagel (3-1/2" to 4" dia) (53g)
cucumber
4 slices (28g)
italian seasoning
1 dash (0g)

For all 2 meals:

dairy-free cream cheese
2 tbsp (30g)
bagel
1 medium bagel (3-1/2" to 4" dia) (105g)
cucumber
8 slices (56g)
italian seasoning
2 dash (1g)

1. Toast bagel if desired.
2. Spread vegan cream cheese on bagel and top with cucumber slices. Sprinkle italian seasoning on top and serve.

Vegan breakfast sausage links

1 links - 38 cals 5g protein 2g fat 1g carbs 1g fiber

For single meal:

vegan breakfast sausage links
1 links (23g)

For all 2 meals:

vegan breakfast sausage links
2 links (45g)

1. Cook links according to package instructions. Serve.

Lunch 1

Eat on day 1

Basic tofu

4 oz - 171 cals 9g protein 14g fat 2g carbs 0g fiber

Makes 4 oz

firm tofu
4 oz (113g)
oil
2 tsp (10mL)

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.

Lentils

116 cals 8g protein 0g fat 17g carbs 3g fiber

salt
1/3 dash (0g)
water
2/3 cup(s) (158mL)
lentils, raw, rinsed
2 2/3 tbsp (32g)

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 2

Eat on day 2, day 3

Zoodles marinara

338 cals 13g protein 6g fat 42g carbs 15g fiber

For single meal:

pasta sauce
1 1/2 cup (390g)
zucchini
3 medium (588g)

For all 2 meals:

pasta sauce
3 cup (780g)
zucchini
6 medium (1176g)

1. Spiralize zucchini.
2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
3. (optional) Transfer zoodles to towel and pat any excess water off.
4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
5. Serve.

Lunch 3

Eat on day 4

Corn

92 cals 3g protein 1g fat 17g carbs 2g fiber

frozen corn kernels
2/3 cup (91g)

1. Prepare according to instructions on package.

Veggie burger patty

2 patty - 254 cals 20g protein 6g fat 22g carbs 8g fiber

Makes 2 patty

veggie burger patty
2 patty (142g)

1. Cook burger according to package instructions.
2. Serve.

Lunch 4

Eat on day 5

Tofu alfredo pasta with broccoli

221 cals 11g protein 4g fat 33g carbs 3g fiber

uncooked dry pasta
1 1/2 oz (43g)
firm tofu
1/8 package (16 oz) (57g)
frozen broccoli
1/8 package (36g)
garlic
1/4 clove(s) (1g)
salt
1/8 dash (0g)
almond milk, unsweetened
1 tbsp (15mL)
basil, dried
2 dash, ground (0g)

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

Fruit juice

2/3 cup(s) - 76 cals 1g protein 0g fat 17g carbs 0g fiber

Makes 2/3 cup(s)

fruit juice
5 1/3 fl oz (160mL)

1. This recipe has no instructions.

Lunch 5

Eat on day 6, day 7

Simple kale & avocado salad

115 cals 2g protein 8g fat 5g carbs 5g fiber

For single meal:

kale leaves, chopped
1/4 bunch (43g)
lemon, juiced
1/4 small (15g)
avocados, chopped
1/4 avocado(s) (50g)

For all 2 meals:

kale leaves, chopped
1/2 bunch (85g)
lemon, juiced
1/2 small (29g)
avocados, chopped
1/2 avocado(s) (101g)

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.

Spicy sriracha peanut tofu

171 cals 10g protein 12g fat 5g carbs 1g fiber

For single meal:

oil
1/4 tbsp (4mL)
water
1/8 cup(s) (20mL)
soy sauce
1/2 tsp (3mL)
peanut butter
1/2 tbsp (8g)
sriracha chili sauce
3/8 tbsp (6g)
garlic, minced
1/2 clove (2g)
firm tofu, patted dry & cubed
1/4 lbs (99g)

For all 2 meals:

oil
1/2 tbsp (8mL)
water
1/6 cup(s) (39mL)
soy sauce
1 tsp (5mL)
peanut butter
1 tbsp (16g)
sriracha chili sauce
3/4 tbsp (11g)
garlic, minced
1 clove (3g)
firm tofu, patted dry & cubed
1/2 lbs (198g)

1. Mix sriracha, peanut butter, garlic, soy sauce, water, and some salt in a small bowl. Set aside.
2. Heat oil in a skillet over medium high heat. Fry cubed tofu until crispy, stirring occasionally.
3. Pour the sauce into the skillet and stir frequently. Cook until sauce has reduced and is crispy in places, about 4-5 minutes.
4. Serve.

Snacks 1

Eat on day 1, day 2

Nectarine

1 nectarine(s) - 70 cals 2g protein 1g fat 13g carbs 2g fiber

For single meal:

nectarine, pitted
1 medium (2-1/2" dia) (142g)

For all 2 meals:

nectarine, pitted
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

Cherry tomatoes

6 cherry tomatoes - 21 cals 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.

Fruit juice

2/3 cup(s) - 76 cals 1g protein 0g fat 17g carbs 0g fiber

For single meal:

fruit juice
5 1/3 fl oz (160mL)

For all 2 meals:

fruit juice
10 2/3 fl oz (320mL)

1. This recipe has no instructions.

Snacks 2

Eat on day 3, day 4, day 5

Celery and peanut butter

109 cals 4g protein 8g fat 3g carbs 1g fiber

For single meal:

raw celery
1 stalk, medium (7-1/2" - 8" long) (40g)
peanut butter
1 tbsp (16g)

For all 3 meals:

raw celery
3 stalk, medium (7-1/2" - 8" long) (120g)
peanut butter
3 tbsp (48g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

Blackberries

3/4 cup(s) - 52 cals 2g protein 1g fat 5g carbs 6g fiber

For single meal:

blackberries
3/4 cup (108g)

For all 3 meals:

blackberries
2 1/4 cup (324g)

1. Rinse blackberries and serve.

Snacks 3

Eat on day 6, day 7

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 2 meals:

olive oil
4 tsp (20mL)
kale leaves
1 1/3 bunch (227g)
salt
1/2 tbsp (8g)

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

Clementine

1 clementine(s) - 39 cals 1g protein 0g fat 8g carbs 1g fiber

For single meal:

clementines
1 fruit (74g)

For all 2 meals:

clementines
2 fruit (148g)

1. This recipe has no instructions.

Dinner 1

Eat on day 1, day 2

Simple kale & avocado salad

115 cals 2g protein 8g fat 5g carbs 5g fiber

For single meal:

kale leaves, chopped
1/4 bunch (43g)
lemon, juiced
1/4 small (15g)
avocados, chopped
1/4 avocado(s) (50g)

For all 2 meals:

kale leaves, chopped
1/2 bunch (85g)
lemon, juiced
1/2 small (29g)
avocados, chopped
1/2 avocado(s) (101g)

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.

Chik'n satay with peanut sauce

2 skewers - 233 cals 19g protein 14g fat 5g carbs 2g fiber

For single meal:

skewer(s)
2 skewer(s) (2g)
fresh ginger, grated or minced
1/3 inch (2.5cm) cube (2g)
vegan chik'n strips
2 2/3 oz (76g)
sesame oil
1 tsp (5mL)
lime juice
1/2 tbsp (7mL)
peanut butter
2 tsp (11g)

For all 2 meals:

skewer(s)
4 skewer(s) (4g)
fresh ginger, grated or minced
2/3 inch (2.5cm) cube (3g)
vegan chik'n strips
1/3 lbs (151g)
sesame oil
2 tsp (10mL)
lime juice
1 tbsp (15mL)
peanut butter
4 tsp (21g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over over the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

Dinner 2

Eat on day 3, day 4

Soy milk

2/3 cup(s) - 56 cals 5g protein 3g fat 1g carbs 1g fiber

For single meal:

soy milk, unsweetened
2/3 cup (160mL)

For all 2 meals:

soy milk, unsweetened
1 1/3 cup (320mL)

1. This recipe has no instructions.

Chik'n nuggets

5 nuggets - 276 cals 15g protein 11g fat 26g carbs 3g fiber

For single meal:

vegan chik'n nuggets
5 nuggets (108g)
ketchup
1 1/4 tbsp (21g)

For all 2 meals:

vegan chik'n nuggets
10 nuggets (215g)
ketchup
2 1/2 tbsp (43g)

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

Dinner 3

Eat on day 5, day 6

Soy milk

3/4 cup(s) - 64 cals 5g protein 3g fat 2g carbs 2g fiber

For single meal:

soy milk, unsweetened
3/4 cup (180mL)

For all 2 meals:

soy milk, unsweetened
1 1/2 cup (360mL)

1. This recipe has no instructions.

Simple seitan

3 oz - 183 cals 🟢 23g protein 🟡 6g fat 🔵 10g carbs ⚫ 0g fiber

For single meal:

oil
1/4 tbsp (4mL)
seitan
3 oz (85g)

For all 2 meals:

oil
1/2 tbsp (8mL)
seitan
6 oz (170g)

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.

Roasted broccoli with nutritional yeast

2/3 cup(s) - 72 cals 🟢 2g protein 🟡 5g fat 🔵 3g carbs ⚫ 2g fiber

For single meal:

nutritional yeast
1 tsp (1g)
oil
1 tsp (5mL)
broccoli
2/3 cup chopped (61g)

For all 2 meals:

nutritional yeast
2 tsp (3g)
oil
2 tsp (10mL)
broccoli
1 1/3 cup chopped (121g)

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.

Dinner 4

Eat on day 7

Tasty breaded seitan

211 cals 17g protein 9g fat 14g carbs 1g fiber

seitan
2 oz (57g)
bread crumbs
4 tsp (9g)
garlic powder
2 dash (1g)
ground coriander
1 dash (0g)
ground cumin
1 dash (0g)
black pepper
1/4 dash, ground (0g)
soy sauce
1/2 tbsp (8mL)
oil
1/2 tbsp (8mL)

1. In a small bowl, combine bread crumbs garlic powder, coriander, cumin, and black pepper. Dip seitan in soy sauce, then in the yeast and spice mixture. Set aside.
2. Heat oil in a skillet over medium heat. Fry seitan in batches until browned on all sides.

Tossed salad

61 cals 2g protein 2g fat 5g carbs 3g fiber

purple onions, sliced
1/8 medium (2-1/2" dia) (7g)
cucumber, sliced or diced
1/8 cucumber (8-1/4") (19g)
romaine lettuce, shredded
1/4 hearts (125g)
carrots, peeled and shredded or sliced
1/4 small (5-1/2" long) (13g)
tomatoes, diced
1/4 small whole (2-2/5" dia) (23g)
salad dressing
1/2 tbsp (8mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

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.