Meal Plan - 1400 calorie high protein vegan meal plan

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

Day 1

1333 cals 128g protein (38%) 33g fat (23%) 108g carbs (32%) 23g fiber (7%)

Breakfast

280 cals, 7g protein, 33g net carbs, 12g fat

Dark chocolate
1 square(s)- 60 cals

Large granola bar
1 bar(s)- 176 cals

Cucumber slices
3/4 cucumber- 45 cals

Lunch

170 cals, 13g protein, 4g net carbs, 10g fat

Sauteed mushrooms
4 oz mushrooms- 95 cals

Vegan crumbles
1/2 cup(s)- 73 cals

Snacks

105 cals, 1g protein, 21g net carbs, 0g fat

Apple
1 apple(s)- 105 cals

Dinner

450 cals, 35g protein, 47g net carbs, 10g fat

Lentils
174 cals

Maple seitan lettuce cups with vegan ranch
1 lettuce cup(s)- 278 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 2

1383 cals 128g protein (37%) 30g fat (20%) 125g carbs (36%) 25g fiber (7%)

Breakfast

280 cals, 7g protein, 33g net carbs, 12g fat

Dark chocolate
1 square(s)- 60 cals

Large granola bar
1 bar(s)- 176 cals

Cucumber slices
3/4 cucumber- 45 cals

Lunch

220 cals, 12g protein, 22g net carbs, 6g fat

Bean & tofu goulash
219 cals

Snacks

105 cals, 1g protein, 21g net carbs, 0g fat

Apple
1 apple(s)- 105 cals

Dinner

450 cals, 35g protein, 47g net carbs, 10g fat

Lentils
174 cals

Maple seitan lettuce cups with vegan ranch
1 lettuce cup(s)- 278 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 3

1389 cals 123g protein (35%) 40g fat (26%) 113g carbs (32%) 22g fiber (6%)

Breakfast

280 cals, 7g protein, 33g net carbs, 12g fat

Dark chocolate
1 square(s)- 60 cals

Large granola bar
1 bar(s)- 176 cals

Cucumber slices
3/4 cucumber- 45 cals

Lunch

370 cals, 21g protein, 49g net carbs, 8g fat

Rice pilaf with meatless meatballs
372 cals

Snacks

135 cals, 6g protein, 2g net carbs, 11g fat

Sunflower seeds
135 cals

Dinner

275 cals, 17g protein, 26g net carbs, 8g fat

Lentils
87 cals

Roasted tomatoes
1 tomato(es)- 60 cals

Veggie burger patty
1 patty- 127 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 4

1381 cals 134g protein (39%) 46g fat (30%) 87g carbs (25%) 21g fiber (6%)

Breakfast

155 cals, 7g protein, 23g net carbs, 4g fat

Soy milk yogurt
1 container- 136 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

Lunch

370 cals, 21g protein, 49g net carbs, 8g fat

Rice pilaf with meatless meatballs
372 cals

Snacks

135 cals, 6g protein, 2g net carbs, 11g fat

Sunflower seeds
135 cals

Dinner

390 cals, 28g protein, 11g net carbs, 22g fat

Sauteed mushrooms
4 oz mushrooms- 95 cals

Basic tempeh
4 oz- 295 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 5

1387 cals 125g protein (36%) 40g fat (26%) 111g carbs (32%) 22g fiber (6%)

Breakfast

155 cals, 7g protein, 23g net carbs, 4g fat

Soy milk yogurt
1 container- 136 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

Lunch

420 cals, 14g protein, 60g net carbs, 12g fat

Fruit juice
1/2 cup(s)- 57 cals

Flavored rice mix
143 cals

Tofu marsala
217 cals

Snacks

95 cals, 5g protein, 15g net carbs, 0g fat

Sugar snap peas
2 cup- 54 cals

Watermelon
4 oz- 41 cals

Dinner

390 cals, 28g protein, 11g net carbs, 22g fat

Sauteed mushrooms
4 oz mushrooms- 95 cals

Basic tempeh
4 oz- 295 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 6

1360 cals 125g protein (37%) 36g fat (24%) 93g carbs (27%) 41g fiber (12%)

Breakfast

170 cals, 5g protein, 13g net carbs, 9g fat

Avocado toast
1 slice(s)- 168 cals

Lunch

435 cals, 18g protein, 47g net carbs, 11g fat

Lentil chili
290 cals

Simple salad with tomatoes and carrots
147 cals

Snacks

95 cals, 5g protein, 15g net carbs, 0g fat

Sugar snap peas
2 cup- 54 cals

Watermelon
4 oz- 41 cals

Dinner

330 cals, 25g protein, 15g net carbs, 15g fat

Carrot & grounds stir fry
332 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 7

1360 cals 125g protein (37%) 36g fat (24%) 93g carbs (27%) 41g fiber (12%)

Breakfast

170 cals, 5g protein, 13g net carbs, 9g fat

Avocado toast
1 slice(s)- 168 cals

Lunch

435 cals, 18g protein, 47g net carbs, 11g fat

Lentil chili
290 cals

Simple salad with tomatoes and carrots
147 cals

Snacks

95 cals, 5g protein, 15g net carbs, 0g fat

Sugar snap peas
2 cup- 54 cals

Watermelon
4 oz- 41 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Dinner

330 cals, 25g protein, 15g net carbs, 15g fat

Carrot & grounds stir fry
332 cals

Grocery List

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Spices and Herbs

- [ ] salt
  1/3 tsp (2g)
- [ ] fresh thyme
  1 dash (0g)
- [ ] paprika
  1/4 tbsp (2g)
- [ ] balsamic vinegar
  1/4 tbsp (4mL)
- [ ] chili powder
  2 tsp (5g)
- [ ] ground cumin
  1 tsp (2g)
- [ ] black pepper
  3/4 dash, ground (0g)
- [ ] crushed red pepper
  1/3 tsp (1g)

Beverages

- [ ] water
  1 1/2 gallon (5645mL)
- [ ] protein powder
  21 scoop (1/3 cup ea) (651g)

Legumes and Legume Products

- [ ] lentils, raw
  1 cup (184g)
- [ ] vegetarian burger crumbles
  5/6 package (12 oz) (277g)
- [ ] firm tofu
  1/4 lbs (120g)
- [ ] white beans, canned
  1/4 can(s) (110g)
- [ ] tempeh
  1/2 lbs (227g)
- [ ] soy sauce
  2 tbsp (30mL)

Other

- [ ] vegan ranch
  1 tbsp (15mL)
- [ ] smoked paprika
  1/2 tsp (1g)
- [ ] veggie burger patty
  1 patty (71g)
- [ ] snow peas
  1/4 cup (21g)

Sweets

- [ ] maple syrup
  1 tbsp (15mL)
- [ ] Chocolate, dark, 70-85%
  3 square(s) (30g)

Fats and Oils

- [ ] oil
  3 1/4 oz (98mL)
- [ ] salad dressing
  2 1/4 tbsp (34mL)

Snacks

- [ ] large granola bar
  3 bar (111g)

Fruits and Fruit Juices

- [ ] apples
  2 medium (3" dia) (364g)
- [ ] fruit juice
  4 fl oz (120mL)
- [ ] Watermelon
  12 oz (340g)
- [ ] avocados
  1/2 avocado(s) (101g)
- [ ] lime juice
  2 tsp (10mL)

Nut and Seed Products

- [ ] sunflower kernels
  1 1/2 oz (43g)

Meals, Entrees, and Side Dishes

- [ ] flavored rice mix
  1 pouch (~5.6 oz) (153g)

Soups, Sauces, and Gravies

- [ ] vegetable broth
  1 1/4 cup(s) (mL)

Baked Products

- [ ] bread
  2 slice (64g)

- [ ] vegan meatballs, frozen
  6 meatball(s) (180g)
- [ ] soy milk yogurt
  2 container(s) (301g)
- [ ] vegan butter
  1/2 tbsp (7g)

Cereal Grains and Pasta

- [ ] seitan
  6 oz (170g)
- [ ] cornstarch
  4 dash (1g)
- [ ] dry bulgur wheat
  1/3 cup (47g)

Vegetables and Vegetable Products

- [ ] shallots
  3/4 shallot (85g)
- [ ] cucumber
  2 1/2 cucumber (8-1/4") (719g)
- [ ] romaine lettuce
  1 1/4 head (762g)
- [ ] mushrooms
  13 1/4 oz (376g)
- [ ] garlic
  3 1/2 clove(s) (10g)
- [ ] onion
  1 1/2 medium (2-1/2" dia) (164g)
- [ ] tomatoes
  4 3/4 medium whole (2-3/5" dia) (582g)
- [ ] potatoes
  2 1/2 oz (71g)
- [ ] Sugar snap peas
  6 cup, whole (378g)
- [ ] canned whole tomatoes
  2/3 cup (160g)
- [ ] carrots
  4 medium (238g)
- [ ] fresh cilantro
  2 tbsp, chopped (6g)

Recipes

Breakfast 1

Eat on day 1, day 2, day 3

Dark chocolate

1 square(s) - 60 cals 1g protein 4g fat 4g carbs 1g fiber

For single meal:

Chocolate, dark, 70-85%
1 square(s) (10g)

For all 3 meals:

Chocolate, dark, 70-85%
3 square(s) (30g)

1. This recipe has no instructions.

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.

Cucumber slices

3/4 cucumber - 45 cals 2g protein 0g fat 8g carbs 1g fiber

For single meal:

cucumber
3/4 cucumber (8-1/4") (226g)

For all 3 meals:

cucumber
2 1/4 cucumber (8-1/4") (677g)

1. Slice cucumber into rounds and serve.

Breakfast 2

Eat on day 4, day 5

Soy milk yogurt

1 container - 136 cals 6g protein 4g fat 20g carbs 0g fiber

For single meal:

soy milk yogurt
1 container(s) (150g)

For all 2 meals:

soy milk yogurt
2 container(s) (301g)

1. This recipe has no instructions.

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.

Breakfast 3

Eat on day 6, day 7

Avocado toast

1 slice(s) - 168 cals 5g protein 9g fat 13g carbs 5g fiber

For single meal:

bread
1 slice (32g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 2 meals:

bread
2 slice (64g)
avocados, ripe, sliced
1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Lunch 1

Eat on day 1

Sauteed mushrooms

4 oz mushrooms - 95 cals 4g protein 7g fat 3g carbs 1g fiber

Makes 4 oz mushrooms

oil
1/2 tbsp (8mL)
mushrooms, sliced
4 oz (113g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

Vegan crumbles

1/2 cup(s) - 73 cals 9g protein 2g fat 1g carbs 3g fiber

Makes 1/2 cup(s)

vegetarian burger crumbles
1/2 cup (50g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

Lunch 2

Eat on day 2

Bean & tofu goulash

219 cals 12g protein 6g fat 22g carbs 6g fiber

fresh thyme
1 dash (0g)
paprika
1/4 tbsp (2g)
oil
1/4 tbsp (4mL)
garlic, minced
1/4 clove (1g)
onion, diced
1/4 medium (2-1/2" dia) (28g)
firm tofu, drained and diced
1 3/4 oz (50g)
white beans, canned, drained & rinsed
1/4 can(s) (110g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

Lunch 3

Eat on day 3, day 4

Rice pilaf with meatless meatballs

372 cals 21g protein 8g fat 49g carbs 6g fiber

For single meal:

snow peas, ends trimmed
1/8 cup (11g)
tomatoes
3 cherry tomatoes (51g)
vegan meatballs, frozen
3 meatball(s) (90g)
flavored rice mix
1/4 box (8 oz) (57g)

For all 2 meals:

snow peas, ends trimmed
1/4 cup (21g)
tomatoes
6 cherry tomatoes (102g)
vegan meatballs, frozen
6 meatball(s) (180g)
flavored rice mix
1/2 box (8 oz) (113g)

1. Prepare rice mix according to stovetop directions, but halfway through cooking, stir in the tomatoes and snow peas, and let cook for the remainder of the time. Set aside.
2. Meanwhile prepare vegan meatballs according to package instructions.
3. Plate rice mix and top with vegan meatballs. Serve.

Lunch 4

Eat on day 5

Fruit juice

1/2 cup(s) - 57 cals 1g protein 0g fat 13g carbs 0g fiber

Makes 1/2 cup(s)

fruit juice
4 fl oz (120mL)

1. This recipe has no instructions.

Flavored rice mix

143 cals 4g protein 1g fat 29g carbs 1g fiber

flavored rice mix
1/4 pouch (~5.6 oz) (40g)

1. Prepare according to instructions on package.

Tofu marsala

217 cals 9g protein 11g fat 18g carbs 3g fiber

balsamic vinegar
1/4 tbsp (4mL)
garlic, minced
1/2 clove(s) (2g)
shallots, minced
1/4 shallot (28g)
oil
1/2 tbsp (8mL)
mushrooms, sliced
1 1/4 oz (35g)
firm tofu, patted dry & cubed
2 1/2 oz (71g)
vegetable broth, hot
1/4 cup(s) (mL)
cornstarch
4 dash (1g)
vegan butter
1/2 tbsp (7g)
potatoes, peeled & quartered
2 1/2 oz (71g)

1. Add potatoes to a large pot and cover with water. Bring to a simmer and cook for 10-15 minutes or until potatoes are fork-tender. Drain and return potatoes to the pot. Add butter and some salt and pepper. Mash with a fork until smooth. Set mashed potatoes aside.
2. In a small bowl, mix the hot broth with the cornstarch and some salt. Stir until incorporated. Set broth mixture aside.
3. Heat just half of the oil in a skillet over medium-high heat. Add the tofu and some salt and pepper. Cook, stirring occasionally until crisp, 4-6 minutes. Transfer tofu to a plate.
4. Heat remaining oil in the same skillet. Add mushrooms and shallot and cook 3-5 until mushrooms begin to brown. Add garlic and cook another minute until fragrant.
5. Add broth and balsamic vinegar. Bring to a simmer and cook until thickened, about 3-5 minutes.
6. Return tofu to the skillet and bring to a simmer. Season to taste with some salt and pepper.
7. Serve tofu marsala with mashed potatoes.

Lunch 5

Eat on day 6, day 7

Lentil chili

290 cals 13g protein 6g fat 37g carbs 9g fiber

For single meal:

oil
1 tsp (5mL)
onion, chopped
1/6 medium (2-1/2" dia) (18g)
garlic, minced
2/3 clove(s) (2g)
lentils, raw
2 2/3 tbsp (32g)
chili powder
1 tsp (3g)
ground cumin
4 dash (1g)
salt
2/3 dash (1g)
black pepper
1/3 dash, ground (0g)
canned whole tomatoes, chopped
1/3 cup (80g)
dry bulgur wheat
2 2/3 tbsp (23g)
vegetable broth
1/2 cup(s) (mL)

For all 2 meals:

oil
2 tsp (10mL)
onion, chopped
1/3 medium (2-1/2" dia) (37g)
garlic, minced
1 1/3 clove(s) (4g)
lentils, raw
1/3 cup (64g)
chili powder
2 tsp (5g)
ground cumin
1 tsp (2g)
salt
1 1/3 dash (1g)
black pepper
2/3 dash, ground (0g)
canned whole tomatoes, chopped
2/3 cup (160g)
dry bulgur wheat
1/3 cup (47g)
vegetable broth
1 cup(s) (mL)

1. In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

Simple salad with tomatoes and carrots

147 cals 6g protein 5g fat 11g carbs 10g fiber

For single meal:

salad dressing
1 tbsp (17mL)
tomatoes, diced
3/4 medium whole (2-3/5" dia) (92g)
carrots, sliced
3/8 medium (23g)
romaine lettuce, roughly chopped
3/4 hearts (375g)

For all 2 meals:

salad dressing
2 1/4 tbsp (34mL)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia) (185g)
carrots, sliced
3/4 medium (46g)
romaine lettuce, roughly chopped
1 1/2 hearts (750g)

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

Snacks 1

Eat on day 1, day 2

Apple

1 apple(s) - 105 cals 1g protein 0g fat 21g carbs 4g fiber

For single meal:

apples
1 medium (3" dia) (182g)

For all 2 meals:

apples
2 medium (3" dia) (364g)

1. This recipe has no instructions.

Snacks 2

Eat on day 3, day 4

Sunflower seeds

135 cals 6g protein 11g fat 2g carbs 2g fiber

For single meal:

sunflower kernels
3/4 oz (21g)

For all 2 meals:

sunflower kernels
1 1/2 oz (43g)

1. This recipe has no instructions.

Snacks 3

Eat on day 5, day 6, day 7

Sugar snap peas

2 cup - 54 cals 4g protein 0g fat 6g carbs 3g fiber

For single meal:

Sugar snap peas
2 cup, whole (126g)

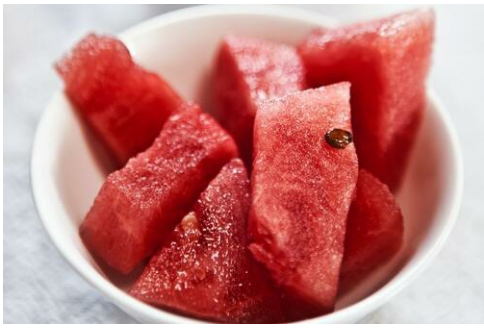
For all 3 meals:

Sugar snap peas
6 cup, whole (378g)

1. Season with salt if desired and serve raw.

Watermelon

4 oz - 41 cals 1g protein 0g fat 9g carbs 1g fiber



For single meal:

Watermelon
4 oz (113g)

For all 3 meals:

Watermelon
12 oz (340g)

1. Slice watermelon and serve.

Dinner 1

Eat on day 1, day 2

Lentils

174 cals 12g protein 1g fat 25g carbs 5g fiber

For single meal:

salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:

salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

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.

Maple seitan lettuce cups with vegan ranch

1 lettuce cup(s) - 278 cals 24g protein 10g fat 22g carbs 2g fiber

For single meal:

vegan ranch
1/2 tbsp (8mL)
seitan, crumbled
3 oz (85g)
shallots, sliced
1/4 shallot (28g)
maple syrup
1/2 tbsp (8mL)
cucumber, diced
3 slices (21g)
romaine lettuce
1 leaf inner (6g)
oil
1 tsp (5mL)
smoked paprika
1/4 tsp (1g)

For all 2 meals:

vegan ranch
1 tbsp (15mL)
seitan, crumbled
6 oz (170g)
shallots, sliced
1/2 shallot (57g)
maple syrup
1 tbsp (15mL)
cucumber, diced
6 slices (42g)
romaine lettuce
2 leaf inner (12g)
oil
2 tsp (10mL)
smoked paprika
1/2 tsp (1g)

1. Heat oil in a skillet over medium heat.
2. Add shallot and some salt and pepper to the skillet. Cook 1-2 minutes until softened. Add seitan and paprika and stir until coated. Cook undisturbed for 4-5 or until seitan starts becoming crispy. Stir and cook another 4-5 minutes until all of the seitan is crispy.
3. Turn off heat. Stir in maple syrup.
4. Add seitan to lettuce cups and and top with cucumber and a drizzle of vegan ranch. Serve.

Dinner 2

Eat on day 3

Lentils

87 cals 6g protein 0g fat 13g carbs 3g fiber

salt
1/4 dash (0g)
water
1/2 cup(s) (119mL)
lentils, raw, rinsed
2 tbsp (24g)

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.

Roasted tomatoes

1 tomato(es) - 60 cals 1g protein 5g fat 2g carbs 1g fiber

Makes 1 tomato(es)

tomatoes
1 small whole (2-2/5" dia) (91g)
oil
1 tsp (5mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Veggie burger patty

1 patty - 127 cals 10g protein 3g fat 11g carbs 4g fiber

Makes 1 patty

veggie burger patty
1 patty (71g)

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

Dinner 3

Eat on day 4, day 5

Sauteed mushrooms

4 oz mushrooms - 95 cals 4g protein 7g fat 3g carbs 1g fiber

For single meal:

oil
1/2 tbsp (8mL)
mushrooms, sliced
4 oz (113g)

For all 2 meals:

oil
1 tbsp (15mL)
mushrooms, sliced
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

Basic tempeh

4 oz - 295 cals 24g protein 15g fat 8g carbs 8g fiber

For single meal:

oil
2 tsp (10mL)
tempeh
4 oz (113g)

For all 2 meals:

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.

Dinner 4

Eat on day 6, day 7

Carrot & grounds stir fry

332 cals 25g protein 15g fat 15g carbs 10g fiber

For single meal:

fresh cilantro, chopped
1 tbsp, chopped (3g)
oil
2 tsp (10mL)
lime juice
1 tsp (5mL)
crushed red pepper
1 1/3 dash (0g)
water
2 tsp (10mL)
soy sauce
1 tbsp (15mL)
onion, chopped
1/3 large (50g)
garlic, minced
2/3 clove(s) (2g)
vegetarian burger crumbles
4 oz (113g)
carrots
1 1/3 large (96g)

For all 2 meals:

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,

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.