

# Meal Plan - 1500 calorie high protein 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

1472 cals ● 134g protein (36%) ● 36g fat (22%) ● 134g carbs (36%) ● 20g fiber (6%)

### Breakfast

180 cals, 7g protein, 28g net carbs, 4g fat



[Soy milk yogurt](#)

1 container- 136 cals



[Kiwi](#)

1 kiwi- 47 cals

### Snacks

185 cals, 4g protein, 16g net carbs, 10g fat



[Kale chips](#)

138 cals



[Blueberries](#)

1/2 cup(s)- 47 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 1/2 scoop- 382 cals

### Lunch

545 cals, 26g protein, 81g net carbs, 10g fat



[Tofu alfredo pasta with broccoli](#)

442 cals



[Simple kale salad](#)

1/2 cup(s)- 28 cals



[Dinner roll](#)

1 roll- 77 cals

### Dinner

175 cals, 12g protein, 5g net carbs, 10g fat



[Roasted tomatoes](#)

1/2 tomato(es)- 30 cals



[Basic tempeh](#)

2 oz- 148 cals

## Day 2

1528 cal ● 137g protein (36%) ● 40g fat (23%) ● 118g carbs (31%) ● 37g fiber (10%)

### Breakfast

180 cal, 7g protein, 28g net carbs, 4g fat



[Soy milk yogurt](#)

1 container- 136 cal



[Kiwi](#)

1 kiwi- 47 cal

### Snacks

185 cal, 4g protein, 16g net carbs, 10g fat



[Kale chips](#)

138 cal



[Blueberries](#)

1/2 cup(s)- 47 cal

### Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 1/2 scoop- 382 cal

### Lunch

345 cal, 26g protein, 10g net carbs, 17g fat



[Rosemary roasted radishes](#)

2 1/4 cup(s)- 162 cal



[Vegan crumbles](#)

1 1/4 cup(s)- 183 cal

### Dinner

435 cal, 16g protein, 61g net carbs, 8g fat



[Zoodles marinara](#)

281 cal



[Dinner roll](#)

2 roll- 154 cal

## Day 3

1506 cal ● 138g protein (37%) ● 45g fat (27%) ● 112g carbs (30%) ● 25g fiber (7%)

### Breakfast

150 cal, 15g protein, 11g net carbs, 4g fat



[Protein shake \(almond milk\)](#)

105 cal



[Blueberries](#)

1/2 cup(s)- 47 cal

### Snacks

240 cal, 9g protein, 15g net carbs, 14g fat



[Sunflower seeds](#)

180 cal



[Fruit juice](#)

1/2 cup(s)- 57 cal

### Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 1/2 scoop- 382 cal

### Lunch

300 cal, 13g protein, 21g net carbs, 17g fat



[Rosemary roasted radishes](#)

3/4 cup(s)- 54 cal



[General tso's tofu](#)

245 cal

### Dinner

435 cal, 16g protein, 61g net carbs, 8g fat



[Zoodles marinara](#)

281 cal



[Dinner roll](#)

2 roll- 154 cal

## Day 4

1514 cals ● 140g protein (37%) ● 58g fat (35%) ● 90g carbs (24%) ● 18g fiber (5%)

### Breakfast

150 cals, 15g protein, 11g net carbs, 4g fat



**Protein shake (almond milk)**  
105 cals



**Blueberries**  
1/2 cup(s)- 47 cals

### Snacks

240 cals, 9g protein, 15g net carbs, 14g fat



**Sunflower seeds**  
180 cals



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

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

300 cals, 13g protein, 21g net carbs, 17g fat



**Rosemary roasted radishes**  
3/4 cup(s)- 54 cals



**General tso's tofu**  
245 cals

### Dinner

445 cals, 19g protein, 39g net carbs, 21g fat



**Zucchini noodle curry bowl with tofu**  
313 cals



**Naan bread**  
1/2 piece(s)- 131 cals

## Day 5

1508 cals ● 160g protein (42%) ● 52g fat (31%) ● 85g carbs (23%) ● 16g fiber (4%)

### Breakfast

150 cals, 15g protein, 11g net carbs, 4g fat



**Protein shake (almond milk)**  
105 cals



**Blueberries**  
1/2 cup(s)- 47 cals

### Snacks

240 cals, 9g protein, 15g net carbs, 14g fat



**Sunflower seeds**  
180 cals



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

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

355 cals, 29g protein, 14g net carbs, 19g fat



**Roasted tomatoes**  
1 1/2 tomato(es)- 89 cals



**Vegan sausage**  
1 sausage(s)- 268 cals

### Dinner

380 cals, 22g protein, 42g net carbs, 12g fat



**Kiwi**  
2 kiwi- 94 cals



**Crispy chik'n tenders**  
5 tender(s)- 286 cals

## Day 6

1520 cal ● 148g protein (39%) ● 55g fat (33%) ● 87g carbs (23%) ● 20g fiber (5%)

### Breakfast

225 cal, 11g protein, 15g net carbs, 12g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cal



[High-protein granola bar](#)

1 bar(s)- 204 cal

### Snacks

165 cal, 4g protein, 29g net carbs, 2g fat



[Instant oatmeal with water](#)

1 packet(s)- 165 cal

### Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 1/2 scoop- 382 cal

### Lunch

355 cal, 29g protein, 14g net carbs, 19g fat



[Roasted tomatoes](#)

1 1/2 tomato(es)- 89 cal



[Vegan sausage](#)

1 sausage(s)- 268 cal

### Dinner

390 cal, 20g protein, 26g net carbs, 20g fat



[Vegan sausage & veggie sheet pan](#)

240 cal



[Simple mixed greens and tomato salad](#)

151 cal

## Day 7

1550 cal ● 137g protein (35%) ● 53g fat (30%) ● 103g carbs (27%) ● 29g fiber (8%)

### Breakfast

225 cal, 11g protein, 15g net carbs, 12g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cal



[High-protein granola bar](#)

1 bar(s)- 204 cal

### Snacks

165 cal, 4g protein, 29g net carbs, 2g fat



[Instant oatmeal with water](#)

1 packet(s)- 165 cal

### Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 1/2 scoop- 382 cal

### Lunch

390 cal, 18g protein, 30g net carbs, 16g fat



[Chickpea & kale soup](#)

273 cal



[Roasted peanuts](#)

1/8 cup(s)- 115 cal

### Dinner

390 cal, 20g protein, 26g net carbs, 20g fat



[Vegan sausage & veggie sheet pan](#)

240 cal



[Simple mixed greens and tomato salad](#)

151 cal

## Vegetables and Vegetable Products

- tomatoes  
5 1/2 medium whole (2-3/5" dia) (672g)
- kale leaves  
10 oz (287g)
- frozen broccoli  
1/4 package (71g)
- garlic  
3 1/2 clove(s) (11g)
- zucchini  
3 1/2 large (1142g)
- radishes  
1 1/4 lbs (567g)
- fresh ginger  
2 tbsp (12g)
- cauliflower  
1/4 head small (4" dia.) (66g)
- ketchup  
1 1/4 tbsp (21g)
- broccoli  
1 cup chopped (91g)
- carrots  
1 medium (61g)
- potatoes  
1 small (1-3/4" to 2-1/4" dia.) (92g)

## Fats and Oils

- oil  
2 1/3 oz (71mL)
- olive oil  
4 tsp (20mL)
- salad dressing  
6 1/2 tbsp (98mL)

## Legumes and Legume Products

- tempeh  
2 oz (57g)
- firm tofu  
1 lbs (510g)
- vegetarian burger crumbles  
1 1/4 cup (125g)
- soy sauce  
2 tsp (10mL)
- chickpeas, canned  
1/2 can (224g)
- roasted peanuts  
2 tbsp (18g)

## Beverages

## Fruits and Fruit Juices

- kiwi  
4 fruit (276g)
- blueberries  
2 1/2 cup (370g)
- lemon juice  
1 1/4 tsp (6mL)
- fruit juice  
12 fl oz (360mL)

## Spices and Herbs

- salt  
1/4 oz (8g)
- basil  
4 dash, ground (1g)
- rosemary  
2 1/2 tsp (3g)
- apple cider vinegar  
1 tbsp (15g)

## Cereal Grains and Pasta

- uncooked dry pasta  
3 oz (86g)
- cornstarch  
2 tbsp (16g)

## Baked Products

- Roll  
5 pan, dinner, or small roll (2" square, 2" high) (140g)
- naan bread  
1/2 piece (45g)

## Soups, Sauces, and Gravies

- pasta sauce  
2 1/2 cup (650g)
- vegetable broth  
2 cup(s) (mL)

## Nut and Seed Products

- sunflower kernels  
3 oz (85g)

## Sweets

- sugar  
1 tbsp (13g)

- water  
26 cup(s) (6162mL)
- protein powder  
26 scoop (1/3 cup ea) (806g)
- almond milk, unsweetened  
1 1/2 cup (391mL)

## Other

- soy milk yogurt  
2 container(s) (301g)
  - curry sauce  
1/2 cup (142g)
  - meatless chik'n tenders  
5 pieces (128g)
  - vegan sausage  
3 sausage (300g)
  - italian seasoning  
4 dash (2g)
  - mixed greens  
6 cup (180g)
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## Snacks

- high-protein granola bar  
2 bar (80g)

## Breakfast Cereals

- flavored instant oatmeal  
2 packet (86g)

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Soy milk yogurt

1 container - 136 cal ● 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.

### Kiwi

1 kiwi - 47 cal ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

**kiwi**  
1 fruit (69g)

For all 2 meals:

**kiwi**  
2 fruit (138g)

1. Slice the kiwi and serve.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Protein shake (almond milk)

105 cal ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

**almond milk, unsweetened**  
1/2 cup (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

**almond milk, unsweetened**  
1 1/2 cup (360mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

1. Mix until well-combined.
2. Serve.

### Blueberries

1/2 cup(s) - 47 cal ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

**blueberries**  
1/2 cup (74g)

For all 3 meals:

**blueberries**  
1 1/2 cup (222g)

1. Rinse off blueberries and serve.

## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Cherry tomatoes

6 cherry tomatoes - 21 cal ● 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.



## High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

**high-protein granola bar**  
1 bar (40g)

For all 2 meals:

**high-protein granola bar**  
2 bar (80g)

1. This recipe has no instructions.

## Lunch 1 [↗](#)

Eat on day 1

### Tofu alfredo pasta with broccoli

442 cals ● 23g protein ● 7g fat ● 66g carbs ● 5g fiber



**uncooked dry pasta**

3 oz (86g)

**firm tofu**

1/4 package (16 oz) (113g)

**frozen broccoli**

1/4 package (71g)

**garlic**

1/2 clove(s) (2g)

**salt**

1/8 dash (0g)

**almond milk, unsweetened**

2 tbsp (30mL)

**basil**

4 dash, ground (1g)

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.

### 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.

## Dinner roll

1 roll - 77 cal ● 3g protein ● 1g fat ● 13g carbs ● 1g fiber



Makes 1 roll

### Roll

1 pan, dinner, or small roll (2" square, 2" high) (28g)

1. Enjoy.

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## Lunch 2 [↗](#)

Eat on day 2

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### Rosemary roasted radishes

2 1/4 cup(s) - 162 cal ● 2g protein ● 11g fat ● 7g carbs ● 6g fiber



Makes 2 1/4 cup(s)

#### lemon juice

1/4 tbsp (4mL)

#### rosemary

1/2 tbsp (2g)

#### oil

3/4 tbsp (11mL)

#### radishes, quartered

3/4 lbs (340g)

1. Preheat oven to 350 F (180 C).
2. Quarter radishes and lay them on a sheet pan.
3. Pour oil, rosemary, and salt to taste over the radishes and use your hands to make sure they are fully coated.
4. Bake for about 35-40 minutes, stirring halfway through.
5. Remove and sprinkle lemon juice on top (optional).
6. Serve!

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### Vegan crumbles

1 1/4 cup(s) - 183 cal ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



Makes 1 1/4 cup(s)

#### vegetarian burger crumbles

1 1/4 cup (125g)

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

## Lunch 3 [↗](#)

Eat on day 3, day 4

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### Rosemary roasted radishes

3/4 cup(s) - 54 cal ● 1g protein ● 4g fat ● 2g carbs ● 2g fiber



For single meal:

**lemon juice**  
1/4 tsp (1mL)  
**rosemary**  
4 dash (1g)  
**oil**  
1/4 tbsp (4mL)  
**radishes, quartered**  
4 oz (113g)

For all 2 meals:

**lemon juice**  
1/2 tsp (3mL)  
**rosemary**  
1 tsp (1g)  
**oil**  
1/2 tbsp (8mL)  
**radishes, quartered**  
1/2 lbs (227g)

1. Preheat oven to 350 F (180 C).
2. Quarter radishes and lay them on a sheet pan.
3. Pour oil, rosemary, and salt to taste over the radishes and use your hands to make sure they are fully coated.
4. Bake for about 35-40 minutes, stirring halfway through.
5. Remove and sprinkle lemon juice on top (optional).
6. Serve!

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### General tso's tofu

245 cal ● 12g protein ● 13g fat ● 19g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**cornstarch**  
1 tbsp (8g)  
**firm tofu, patted dry & cubed**  
5 oz (142g)  
**apple cider vinegar**  
1/2 tbsp (7g)  
**sugar**  
1/2 tbsp (7g)  
**garlic, minced**  
1 clove(s) (3g)  
**soy sauce**  
1 tsp (5mL)  
**fresh ginger, minced**  
1 tbsp (6g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**cornstarch**  
2 tbsp (16g)  
**firm tofu, patted dry & cubed**  
10 oz (284g)  
**apple cider vinegar**  
1 tbsp (15g)  
**sugar**  
1 tbsp (13g)  
**garlic, minced**  
2 clove(s) (6g)  
**soy sauce**  
2 tsp (10mL)  
**fresh ginger, minced**  
2 tbsp (12g)

1. In a small bowl, whisk together the ginger, garlic, soy sauce, sugar, and apple cider vinegar. Set aside.
  2. In a large bowl, combine cubed tofu, cornstarch, and some salt and pepper. Toss to coat.
  3. Heat oil in a large non-stick skillet over medium-high heat. Add tofu and cook until crispy, 5-8 minutes.
  4. Reduce heat to low and pour in sauce. Stir and cook until sauce thickens, about 1 minute. Serve.
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## Lunch 4 [↗](#)

Eat on day 5, day 6

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### Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

**tomatoes**

1 1/2 small whole (2-2/5" dia) (137g)

**oil**

1/2 tbsp (8mL)

For all 2 meals:

**tomatoes**

3 small whole (2-2/5" dia) (273g)

**oil**

1 tbsp (15mL)

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.

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### Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



For single meal:

**vegan sausage**

1 sausage (100g)

For all 2 meals:

**vegan sausage**

2 sausage (200g)

1. Prepare according to package instructions.
  2. Serve.
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## Lunch 5 [↗](#)

Eat on day 7

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### Chickpea & kale soup

273 cal ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



**oil**

1/2 tsp (3mL)

**garlic, minced**

1 clove(s) (3g)

**vegetable broth**

2 cup(s) (mL)

**kale leaves, chopped**

1 cup, chopped (40g)

**chickpeas, canned, drained**

1/2 can (224g)

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.

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### Roasted peanuts

1/8 cup(s) - 115 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

**roasted peanuts**

2 tbsp (18g)

1. This recipe has no instructions.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Kale chips

138 cal ● 3g protein ● 10g fat ● 7g carbs ● 2g fiber



For single meal:

**kale leaves**  
2/3 bunch (113g)  
**olive oil**  
2 tsp (10mL)  
**salt**  
1/4 tbsp (4g)

For all 2 meals:

**kale leaves**  
1 1/3 bunch (227g)  
**olive oil**  
4 tsp (20mL)  
**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

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### Blueberries

1/2 cup(s) - 47 cal ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

**blueberries**  
1/2 cup (74g)

For all 2 meals:

**blueberries**  
1 cup (148g)

1. Rinse off blueberries and serve.
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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

### Sunflower seeds

180 cal ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**

1 oz (28g)

For all 3 meals:

**sunflower kernels**

3 oz (85g)

1. This recipe has no instructions.

### Fruit juice

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



For single meal:

**fruit juice**

4 fl oz (120mL)

For all 3 meals:

**fruit juice**

12 fl oz (360mL)

1. This recipe has no instructions.

## Snacks 3 [↗](#)

Eat on day 6, day 7

### Instant oatmeal with water

1 packet(s) - 165 cal ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

**flavored instant oatmeal**

1 packet (43g)

**water**

3/4 cup(s) (178mL)

For all 2 meals:

**flavored instant oatmeal**

2 packet (86g)

**water**

1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

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## Dinner 1 [↗](#)

Eat on day 1

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### Roasted tomatoes

1/2 tomato(es) - 30 cal ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



Makes 1/2 tomato(es)

**tomatoes**

1/2 small whole (2-2/5" dia) (46g)

**oil**

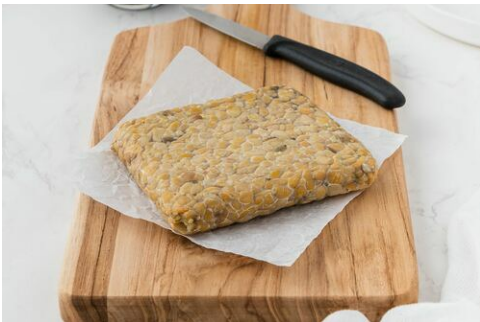
1/2 tsp (3mL)

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.

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### Basic tempeh

2 oz - 148 cal ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



Makes 2 oz

**oil**

1 tsp (5mL)

**tempeh**

2 oz (57g)

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, day 3

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### Zoodles marinara

281 cal ● 11g protein ● 5g fat ● 35g carbs ● 13g fiber



For single meal:

**pasta sauce**

1 1/4 cup (325g)

**zucchini**

2 1/2 medium (490g)

For all 2 meals:

**pasta sauce**

2 1/2 cup (650g)

**zucchini**

5 medium (980g)

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.

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### Dinner roll

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



For single meal:

**Roll**

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

For all 2 meals:

**Roll**

4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.
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## Dinner 3 [↗](#)

Eat on day 4

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### Zucchini noodle curry bowl with tofu

313 cals ● 14g protein ● 18g fat ● 17g carbs ● 6g fiber

**zucchini**

1/2 large (162g)

**curry sauce**

1/2 cup (142g)

**firm tofu, drained, rinsed, and patted dry**

1/4 package (16 oz) (113g)

**oil**

1/4 tbsp (4mL)

**cauliflower, cut into chunks**

1/4 head small (4" dia.) (66g)

1. Take the tofu and wrap in a clean towel. Place a thick book on top for 5 minutes to help drain excess liquid. Then, cut into cubes.
2. Heat the oil in a skillet over medium heat and cook the tofu until browned and crispy. Set aside.
3. Heat up the curry sauce in the microwave or in a saucepan. Meanwhile, make the zucchini noodles using a spiralizer or a peeler.
4. Add the noodles into a bowl with the cauliflower and tofu. Pour the curry sauce on top and serve.

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### Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber

Makes 1/2 piece(s)

**naan bread**

1/2 piece (45g)



1. This recipe has no instructions.
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## Dinner 4 [↗](#)

Eat on day 5

### Kiwi

2 kiwi - 94 cal ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber

Makes 2 kiwi

**kiwi**  
2 fruit (138g)



1. Slice the kiwi and serve.

### Crispy chik'n tenders

5 tender(s) - 286 cal ● 20g protein ● 11g fat ● 26g carbs ● 0g fiber



Makes 5 tender(s)

**ketchup**  
1 1/4 tbsp (21g)  
**meatless chik'n tenders**  
5 pieces (128g)

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

## Dinner 5 [↗](#)

Eat on day 6, day 7

### Vegan sausage & veggie sheet pan

240 cal ● 16g protein ● 11g fat ● 15g carbs ● 4g fiber



For single meal:

**italian seasoning**  
2 dash (1g)  
**oil**  
1 tsp (5mL)  
**broccoli, chopped**  
1/2 cup chopped (46g)  
**carrots, sliced**  
1/2 medium (31g)  
**potatoes, cut into wedges**  
1/2 small (1-3/4" to 2-1/4" dia.) (46g)  
**vegan sausage, cut into bite sized pieces**  
1/2 sausage (50g)

For all 2 meals:

**italian seasoning**  
4 dash (2g)  
**oil**  
2 tsp (10mL)  
**broccoli, chopped**  
1 cup chopped (91g)  
**carrots, sliced**  
1 medium (61g)  
**potatoes, cut into wedges**  
1 small (1-3/4" to 2-1/4" dia.) (92g)  
**vegan sausage, cut into bite sized pieces**  
1 sausage (100g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

## Simple mixed greens and tomato salad

151 cal ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

**salad dressing**

3 tbsp (45mL)

**mixed greens**

3 cup (90g)

**tomatoes**

1/2 cup cherry tomatoes (75g)

For all 2 meals:

**salad dressing**

6 tbsp (90mL)

**mixed greens**

6 cup (180g)

**tomatoes**

1 cup cherry tomatoes (149g)

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

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

3 1/2 scoop - 382 cal ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

**water**

3 1/2 cup(s) (830mL)

**protein powder**

3 1/2 scoop (1/3 cup ea) (109g)

For all 7 meals:

**water**

24 1/2 cup(s) (5807mL)

**protein powder**

24 1/2 scoop (1/3 cup ea) (760g)

1. This recipe has no instructions.
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