

# Meal Plan - 1800 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

1830 cals ● 163g protein (36%) ● 57g fat (28%) ● 132g carbs (29%) ● 36g fiber (8%)

### Breakfast

245 cals, 7g protein, 18g net carbs, 14g fat



[Pistachios](#)  
188 cals



[Applesauce](#)  
57 cals

### Snacks

210 cals, 4g protein, 22g net carbs, 11g fat



[Baked chips](#)  
12 crisps- 122 cals



[Walnuts](#)  
1/8 cup(s)- 87 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)  
4 scoop- 436 cals

### Lunch

455 cals, 19g protein, 33g net carbs, 23g fat



[Simple mixed greens salad](#)  
237 cals



[Vegan chili con 'carne'](#)  
218 cals

### Dinner

485 cals, 36g protein, 56g net carbs, 7g fat



[Veggie burger patty](#)  
2 patty- 254 cals



[Lentils](#)  
231 cals

## Day 2

1813 cals ● 163g protein (36%) ● 65g fat (32%) ● 110g carbs (24%) ● 34g fiber (8%)

### Breakfast

245 cals, 7g protein, 18g net carbs, 14g fat



Pistachios  
188 cals



Applesauce  
57 cals

### Snacks

210 cals, 4g protein, 22g net carbs, 11g fat



Baked chips  
12 crisps- 122 cals



Walnuts  
1/8 cup(s)- 87 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake  
4 scoop- 436 cals

### Lunch

455 cals, 19g protein, 33g net carbs, 23g fat



Simple mixed greens salad  
237 cals



Vegan chili con 'carne'  
218 cals

### Dinner

470 cals, 36g protein, 33g net carbs, 16g fat



Lentils  
174 cals



Basic tempeh  
4 oz- 295 cals

## Day 3

1800 cals ● 190g protein (42%) ● 68g fat (34%) ● 77g carbs (17%) ● 30g fiber (7%)

### Breakfast

255 cals, 9g protein, 35g net carbs, 9g fat



Small granola bar  
1 bar(s)- 119 cals



Soy milk yogurt  
1 container- 136 cals

### Snacks

220 cals, 10g protein, 11g net carbs, 14g fat



Sunflower seeds  
180 cals



Watermelon  
4 oz- 41 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake  
4 scoop- 436 cals

### Lunch

435 cals, 42g protein, 11g net carbs, 19g fat



Roasted broccoli with nutritional yeast  
1 1/3 cup(s)- 143 cals



Vegan crumbles  
2 cup(s)- 292 cals

### Dinner

455 cals, 33g protein, 18g net carbs, 25g fat



Simple mixed greens and tomato salad  
151 cals



Baked tofu  
10 2/3 oz- 302 cals

## Day 4

1800 cals ● 190g protein (42%) ● 68g fat (34%) ● 77g carbs (17%) ● 30g fiber (7%)

### Breakfast

255 cals, 9g protein, 35g net carbs, 9g fat



[Small granola bar](#)  
1 bar(s)- 119 cals



[Soy milk yogurt](#)  
1 container- 136 cals

### Snacks

220 cals, 10g protein, 11g net carbs, 14g fat



[Sunflower seeds](#)  
180 cals



[Watermelon](#)  
4 oz- 41 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)  
4 scoop- 436 cals

### Lunch

435 cals, 42g protein, 11g net carbs, 19g fat



[Roasted broccoli with nutritional yeast](#)  
1 1/3 cup(s)- 143 cals



[Vegan crumbles](#)  
2 cup(s)- 292 cals

### Dinner

455 cals, 33g protein, 18g net carbs, 25g fat



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



[Baked tofu](#)  
10 2/3 oz- 302 cals

## Day 5

1795 cals ● 166g protein (37%) ● 60g fat (30%) ● 124g carbs (28%) ● 24g fiber (5%)

### Breakfast

255 cals, 11g protein, 20g net carbs, 12g fat



[Strawberries](#)  
1 cup(s)- 52 cals



[High-protein granola bar](#)  
1 bar(s)- 204 cals

### Snacks

185 cals, 7g protein, 19g net carbs, 6g fat



[Bell pepper strips and hummus](#)  
128 cals



[Grapefruit](#)  
1/2 grapefruit- 59 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)  
4 scoop- 436 cals

### Lunch

405 cals, 24g protein, 34g net carbs, 19g fat



[Crispy chik'n tenders](#)  
5 1/3 tender(s)- 305 cals



[Simple mixed greens salad](#)  
102 cals

### Dinner

510 cals, 28g protein, 48g net carbs, 20g fat



[Celery sticks](#)  
2 celery stalk- 13 cals



[Chik'n nuggets](#)  
9 nuggets- 496 cals

## Day 6

1795 cals ● 166g protein (37%) ● 60g fat (30%) ● 124g carbs (28%) ● 24g fiber (5%)

### Breakfast

255 cals, 11g protein, 20g net carbs, 12g fat



Strawberries

1 cup(s)- 52 cals



High-protein granola bar

1 bar(s)- 204 cals

### Snacks

185 cals, 7g protein, 19g net carbs, 6g fat



Bell pepper strips and hummus

128 cals



Grapefruit

1/2 grapefruit- 59 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake

4 scoop- 436 cals

### Lunch

405 cals, 24g protein, 34g net carbs, 19g fat



Crispy chik'n tenders

5 1/3 tender(s)- 305 cals



Simple mixed greens salad

102 cals

### Dinner

510 cals, 28g protein, 48g net carbs, 20g fat



Celery sticks

2 celery stalk- 13 cals



Chik'n nuggets

9 nuggets- 496 cals

## Day 7

1784 cals ● 174g protein (39%) ● 57g fat (29%) ● 110g carbs (25%) ● 35g fiber (8%)

### Breakfast

255 cals, 11g protein, 20g net carbs, 12g fat



Strawberries

1 cup(s)- 52 cals



High-protein granola bar

1 bar(s)- 204 cals

### Snacks

185 cals, 7g protein, 19g net carbs, 6g fat



Bell pepper strips and hummus

128 cals



Grapefruit

1/2 grapefruit- 59 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake

4 scoop- 436 cals

### Lunch

425 cals, 31g protein, 51g net carbs, 7g fat



Chik'n stir fry

427 cals

### Dinner

480 cals, 29g protein, 16g net carbs, 29g fat



Buffalo tempeh with vegan ranch

393 cals



Edamame & beet salad

86 cals

## Other

- ☐ veggie burger patty  
2 patty (142g)
- ☐ baked chips, any flavor  
24 crips (56g)
- ☐ mixed greens  
21 1/2 cup (645g)
- ☐ soy milk yogurt  
2 container(s) (301g)
- ☐ nutritional yeast  
4 tsp (5g)
- ☐ vegan chik'n nuggets  
18 nuggets (387g)
- ☐ meatless chik'n tenders  
10 2/3 pieces (272g)
- ☐ vegan chik'n strips  
1/4 lbs (106g)
- ☐ vegan ranch  
2 tbsp (31mL)

## Spices and Herbs

- ☐ salt  
1 dash (1g)
- ☐ ground cumin  
2 dash (1g)
- ☐ chili powder  
2 dash (1g)

## Beverages

- ☐ water  
31 cup(s) (7323mL)
- ☐ protein powder  
28 scoop (1/3 cup ea) (868g)

## Legumes and Legume Products

- ☐ lentils, raw  
3/4 cup (136g)
- ☐ kidney beans  
1/4 can (112g)
- ☐ vegetarian burger crumbles  
1 1/2 package (12 oz) (485g)
- ☐ tempeh  
1/2 lbs (227g)
- ☐ soy sauce  
1/2 lbs (179mL)
- ☐ extra firm tofu  
1 1/3 lbs (605g)

## Fruits and Fruit Juices

- ☐ applesauce  
2 to-go container (~4 oz) (244g)
- ☐ Watermelon  
8 oz (227g)
- ☐ strawberries  
3 cup, whole (432g)
- ☐ Grapefruit  
1 1/2 large (approx 4-1/2" dia) (498g)

## Fats and Oils

- ☐ salad dressing  
1 1/3 cup (315mL)
- ☐ oil  
1 1/2 oz (45mL)
- ☐ balsamic vinaigrette  
1/2 tbsp (8mL)

## Vegetables and Vegetable Products

- ☐ garlic  
3/4 clove(s) (2g)
- ☐ canned stewed tomatoes  
1/4 can (~14.5 oz) (101g)
- ☐ onion  
1/4 medium (2-1/2" dia) (28g)
- ☐ bell pepper  
3 1/2 medium (417g)
- ☐ tomatoes  
1 cup cherry tomatoes (149g)
- ☐ fresh ginger  
1 1/3 slices (1" dia) (3g)
- ☐ broccoli  
2 2/3 cup chopped (243g)
- ☐ raw celery  
4 stalk, medium (7-1/2" - 8" long) (160g)
- ☐ ketchup  
1/2 cup (122g)
- ☐ carrots  
1 1/2 small (5-1/2" long) (75g)
- ☐ beets, precooked (canned or refrigerated)  
1 beets (2" dia, sphere) (50g)
- ☐ edamame, frozen, shelled  
4 tbsp (30g)

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
1/4 cup(s) (mL)

☐ hummus  
3/4 cup (183g)

☐ Frank's Red Hot sauce  
2 tbsp (31mL)

## Nut and Seed Products

☐ pistachios, dry roasted, without shells or salt added  
1/2 cup (62g)

☐ walnuts  
4 tbsp, shelled (25g)

☐ sunflower kernels  
2 oz (57g)

☐ sesame seeds  
4 tsp (12g)

## Snacks

☐ small granola bar  
2 bar (50g)

☐ high-protein granola bar  
3 bar (120g)

## Cereal Grains and Pasta

☐ brown rice  
1/4 cup (53g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

**pistachios, dry roasted, without shells or salt added**

4 tbsp (31g)

For all 2 meals:

**pistachios, dry roasted, without shells or salt added**

1/2 cup (62g)

1. This recipe has no instructions.

### Applesauce

57 cals ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

**applesauce**

1 to-go container (~4 oz) (122g)

For all 2 meals:

**applesauce**

2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce



## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

**small granola bar**  
1 bar (25g)

For all 2 meals:

**small granola bar**  
2 bar (50g)

1. This recipe has no instructions.

### 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.

## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

### Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

**strawberries**  
1 cup, whole (144g)

For all 3 meals:

**strawberries**  
3 cup, whole (432g)

1. This recipe has no instructions.

### 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 3 meals:

**high-protein granola bar**  
3 bar (120g)

1. This recipe has no instructions.

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## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



For single meal:

**mixed greens**  
5 1/4 cup (158g)  
**salad dressing**  
1/3 cup (79mL)

For all 2 meals:

**mixed greens**  
10 1/2 cup (315g)  
**salad dressing**  
2/3 cup (158mL)

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

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### Vegan chili con 'carne'

218 cals ● 15g protein ● 6g fat ● 18g carbs ● 8g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**garlic, minced**  
3/8 clove(s) (1g)  
**kidney beans, drained and rinsed**  
1/8 can (56g)  
**lentils, raw**  
1 tbsp (12g)  
**vegetarian burger crumbles**  
1/8 package (12 oz) (43g)  
**canned stewed tomatoes**  
1/8 can (~14.5 oz) (51g)  
**ground cumin**  
1 dash (0g)  
**chili powder**  
1 dash (0g)  
**vegetable broth**  
1/8 cup(s) (mL)  
**onion, chopped**  
1/8 medium (2-1/2" dia) (14g)  
**bell pepper, chopped**  
1/4 medium (30g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**garlic, minced**  
3/4 clove(s) (2g)  
**kidney beans, drained and rinsed**  
1/4 can (112g)  
**lentils, raw**  
2 tbsp (24g)  
**vegetarian burger crumbles**  
1/4 package (12 oz) (85g)  
**canned stewed tomatoes**  
1/4 can (~14.5 oz) (101g)  
**ground cumin**  
2 dash (1g)  
**chili powder**  
2 dash (1g)  
**vegetable broth**  
1/4 cup(s) (mL)  
**onion, chopped**  
1/4 medium (2-1/2" dia) (28g)  
**bell pepper, chopped**  
1/2 medium (60g)

1. Heat the oil in a large saucepan over medium heat.
2. Add the garlic, and chopped onion and peppers. Cook until soft.
3. Add in the cumin, chili powder, and salt and pepper to taste. Stir.
4. Add in the kidney beans, lentils, tomatoes, veggie crumbles, and the vegetable stock.
5. Bring to a simmer and cook for 25 minutes.

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## Lunch 2 [🔗](#)

Eat on day 3, day 4

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### Roasted broccoli with nutritional yeast

1 1/3 cup(s) - 143 cals ● 5g protein ● 10g fat ● 5g carbs ● 4g fiber



For single meal:

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

For all 2 meals:

**nutritional yeast**  
4 tsp (5g)  
**oil**  
4 tsp (20mL)  
**broccoli**  
2 2/3 cup chopped (243g)

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.

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### Vegan crumbles

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



For single meal:  
**vegetarian burger crumbles**  
2 cup (200g)

For all 2 meals:  
**vegetarian burger crumbles**  
4 cup (400g)

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

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## Lunch 3 [🔗](#)

Eat on day 5, day 6

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### Crispy chik'n tenders

5 1/3 tender(s) - 305 cals ● 22g protein ● 12g fat ● 27g carbs ● 0g fiber



For single meal:  
**ketchup**  
4 tsp (23g)  
**meatless chik'n tenders**  
5 1/3 pieces (136g)

For all 2 meals:  
**ketchup**  
2 2/3 tbsp (45g)  
**meatless chik'n tenders**  
10 2/3 pieces (272g)

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

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### Simple mixed greens salad

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



For single meal:  
**mixed greens**  
2 1/4 cup (68g)  
**salad dressing**  
2 1/4 tbsp (34mL)

For all 2 meals:  
**mixed greens**  
4 1/2 cup (135g)  
**salad dressing**  
1/4 cup (68mL)

1. Mix greens and dressing in a small bowl. Serve.
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## Lunch 4 [↗](#)

Eat on day 7

### Chik'n stir fry

427 cals ● 31g protein ● 7g fat ● 51g carbs ● 8g fiber



#### vegan chik'n strips

1/4 lbs (106g)

#### carrots, cut into thin strips

1 1/2 small (5-1/2" long) (75g)

#### water

1/2 cup(s) (133mL)

#### soy sauce

1 1/4 tbsp (19mL)

#### bell pepper, deseeded & cut into thin strips

3/4 medium (89g)

#### brown rice

1/4 cup (53g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and serve.

## Snacks 1 [↗](#)

Eat on day 1, day 2

### Baked chips

12 crisps - 122 cals ● 2g protein ● 3g fat ● 21g carbs ● 1g fiber



For single meal:

#### baked chips, any flavor

12 crisps (28g)

For all 2 meals:

#### baked chips, any flavor

24 crisps (56g)

1. Enjoy.

### Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:  
**walnuts**  
2 tbsp, shelled (13g)

For all 2 meals:  
**walnuts**  
4 tbsp, shelled (25g)

1. This recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3, day 4

**Sunflower seeds**  
180 cal● 9g protein● 14g fat● 2g carbs● 2g fiber



For single meal:  
**sunflower kernels**  
1 oz (28g)

For all 2 meals:  
**sunflower kernels**  
2 oz (57g)

1. This recipe has no instructions.

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**Watermelon**  
4 oz - 41 cal● 1g protein● 0g fat● 9g carbs● 1g fiber



For single meal:  
**Watermelon**  
4 oz (113g)

For all 2 meals:  
**Watermelon**  
8 oz (227g)

1. Slice watermelon and serve.
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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

### Bell pepper strips and hummus

128 cals ● 6g protein ● 6g fat ● 8g carbs ● 5g fiber



For single meal:

#### **hummus**

4 tbsp (61g)

#### **bell pepper**

3/4 medium (89g)

For all 3 meals:

#### **hummus**

3/4 cup (183g)

#### **bell pepper**

2 1/4 medium (268g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

### Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

#### **Grapefruit**

1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:

#### **Grapefruit**

1 1/2 large (approx 4-1/2" dia) (498g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

## Dinner 1 [↗](#)

Eat on day 1

### 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.

## 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.

## Dinner 2 [↗](#)

Eat on day 2

## Lentils

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



### salt

1/2 dash (0g)

### water

1 cup(s) (237mL)

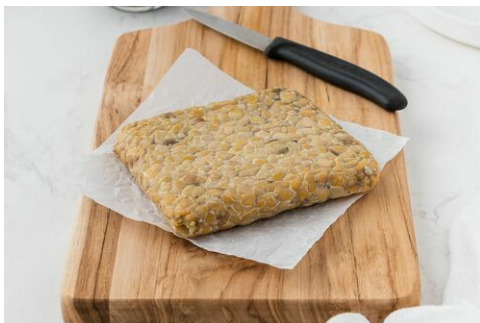
### lentils, raw, rinsed

4 tbsp (48g)

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 tempeh

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



Makes 4 oz

### oil

2 tsp (10mL)

### tempeh

4 oz (113g)

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 3 [↗](#)

Eat on day 3, day 4

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### Simple mixed greens and tomato salad

151 cals ● 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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### Baked tofu

10 2/3 oz - 302 cals ● 29g protein ● 16g fat ● 7g carbs ● 4g fiber



For single meal:

**soy sauce**

1/3 cup (80mL)

**extra firm tofu**

2/3 lbs (302g)

**fresh ginger, peeled and grated**

2/3 slices (1" dia) (1g)

**sesame seeds**

2 tsp (6g)

For all 2 meals:

**soy sauce**

2/3 cup (160mL)

**extra firm tofu**

1 1/3 lbs (605g)

**fresh ginger, peeled and grated**

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

**sesame seeds**

4 tsp (12g)

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.
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## Dinner 4 [🔗](#)

Eat on day 5, day 6

### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

#### raw celery

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

For all 2 meals:

#### raw celery

4 stalk, medium (7-1/2" - 8" long)  
(160g)

1. Slice celery into sticks and serve.

### Chik'n nuggets

9 nuggets - 496 cals ● 27g protein ● 20g fat ● 46g carbs ● 5g fiber



For single meal:

#### vegan chik'n nuggets

9 nuggets (194g)  
**ketchup**  
2 1/4 tbsp (38g)

For all 2 meals:

#### vegan chik'n nuggets

18 nuggets (387g)  
**ketchup**  
1/4 cup (77g)

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

## Dinner 5 [🔗](#)

Eat on day 7

### Buffalo tempeh with vegan ranch

393 cals ● 24g protein ● 25g fat ● 10g carbs ● 8g fiber



#### vegan ranch

2 tbsp (30mL)

#### tempeh, roughly chopped

4 oz (113g)

#### Frank's Red Hot sauce

2 tbsp (30mL)

#### oil

1/2 tbsp (8mL)

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 vegan ranch.

Edamame & beet salad

86 cals ● 5g protein ● 4g fat ● 6g carbs ● 3g fiber



- balsamic vinaigrette**  
1/2 tbsp (8mL)
- beets, precooked (canned or refrigerated), chopped**  
1 beets (2" dia, sphere) (50g)
- edamame, frozen, shelled**  
4 tbsp (30g)
- mixed greens**  
1/2 cup (15g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

4 scoop - 436 cals ● 97g protein ● 2g fat ● 4g carbs ● 4g fiber



- For single meal:
- water**  
4 cup(s) (948mL)
  - protein powder**  
4 scoop (1/3 cup ea) (124g)

- For all 7 meals:
- water**  
28 cup(s) (6636mL)
  - protein powder**  
28 scoop (1/3 cup ea) (868g)

1. This recipe has no instructions.