

Meal Plan - 1900 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

1950 cals ● 169g protein (35%) ● 64g fat (29%) ● 141g carbs (29%) ● 35g fiber (7%)

Breakfast

195 cals, 3g protein, 5g net carbs, 15g fat



Avocado
176 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Snacks

220 cals, 8g protein, 9g net carbs, 14g fat



Pistachios
188 cals



Blackberries
1/2 cup(s)- 35 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

515 cals, 29g protein, 58g net carbs, 16g fat



Crispy chik'n tenders
7 tender(s)- 400 cals



Pear
1 pear(s)- 113 cals

Dinner

580 cals, 32g protein, 66g net carbs, 16g fat



Flavored rice mix
287 cals



Basic tempeh
4 oz- 295 cals

Day 2

1926 cal ● 177g protein (37%) ● 65g fat (31%) ● 125g carbs (26%) ● 33g fiber (7%)

Breakfast

195 cal, 3g protein, 5g net carbs, 15g fat



Avocado
176 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal

Snacks

220 cal, 8g protein, 9g net carbs, 14g fat



Pistachios
188 cal



Blackberries
1/2 cup(s)- 35 cal

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cal

Lunch

555 cal, 35g protein, 56g net carbs, 17g fat



Vegan meatball sub
1 sub(s)- 468 cal



Soy milk
1 cup(s)- 85 cal

Dinner

520 cal, 34g protein, 52g net carbs, 18g fat



Flavored rice mix
191 cal



Roasted tomatoes
1 tomato(es)- 60 cal



Vegan sausage
1 sausage(s)- 268 cal

Day 3

1920 cal ● 174g protein (36%) ● 53g fat (25%) ● 154g carbs (32%) ● 33g fiber (7%)

Breakfast

195 cal, 3g protein, 5g net carbs, 15g fat



Avocado
176 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal

Snacks

215 cal, 5g protein, 38g net carbs, 2g fat



Nectarine
1 nectarine(s)- 70 cal



Pretzels
110 cal



Raspberries
1/2 cup(s)- 36 cal

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cal

Lunch

555 cal, 35g protein, 56g net carbs, 17g fat



Vegan meatball sub
1 sub(s)- 468 cal



Soy milk
1 cup(s)- 85 cal

Dinner

520 cal, 34g protein, 52g net carbs, 18g fat



Flavored rice mix
191 cal



Roasted tomatoes
1 tomato(es)- 60 cal



Vegan sausage
1 sausage(s)- 268 cal

Day 4

1913 cals ● 171g protein (36%) ● 63g fat (30%) ● 124g carbs (26%) ● 41g fiber (8%)

Breakfast

275 cals, 6g protein, 25g net carbs, 14g fat



Mixed nuts
1/6 cup(s)- 163 cals



Pear
1 pear(s)- 113 cals

Snacks

215 cals, 5g protein, 38g net carbs, 2g fat



Nectarine
1 nectarine(s)- 70 cals



Pretzels
110 cals



Raspberries
1/2 cup(s)- 36 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

450 cals, 27g protein, 36g net carbs, 20g fat



Chik'n nuggets
6 2/3 nuggets- 368 cals



Soy milk
1 cup(s)- 85 cals

Dinner

530 cals, 37g protein, 22g net carbs, 26g fat



Peanut tempeh
4 oz tempeh- 434 cals



Simple salad with tomatoes and carrots
98 cals

Day 5

1911 cals ● 167g protein (35%) ● 44g fat (21%) ● 170g carbs (36%) ● 43g fiber (9%)

Breakfast

275 cals, 6g protein, 25g net carbs, 14g fat



Mixed nuts
1/6 cup(s)- 163 cals



Pear
1 pear(s)- 113 cals

Snacks

210 cals, 7g protein, 19g net carbs, 7g fat



Roasted chickpeas
1/4 cup- 138 cals



Raspberries
1 cup(s)- 72 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

525 cals, 30g protein, 68g net carbs, 12g fat



Soy milk
1 cup(s)- 85 cals



Tofu alfredo pasta with broccoli
442 cals

Dinner

460 cals, 28g protein, 54g net carbs, 9g fat



Quinoa
1 cup quinoa, cooked- 208 cals



Veggie burger patty
2 patty- 254 cals

Day 6

1898 cals ● 172g protein (36%) ● 54g fat (26%) ● 135g carbs (28%) ● 46g fiber (10%)

Breakfast

280 cals, 12g protein, 21g net carbs, 12g fat



[Chickpea scramble](#)
280 cals

Snacks

210 cals, 7g protein, 19g net carbs, 7g fat



[Roasted chickpeas](#)
1/4 cup- 138 cals



[Raspberries](#)
1 cup(s)- 72 cals

Protein Supplement(s)

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



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

Lunch

525 cals, 30g protein, 68g net carbs, 12g fat



[Soy milk](#)
1 cup(s)- 85 cals



[Tofu alfredo pasta with broccoli](#)
442 cals

Dinner

445 cals, 27g protein, 23g net carbs, 22g fat



[Carrot & grounds stir fry](#)
332 cals



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

Day 7

1860 cals ● 178g protein (38%) ● 65g fat (31%) ● 98g carbs (21%) ● 42g fiber (9%)

Breakfast

280 cals, 12g protein, 21g net carbs, 12g fat



[Chickpea scramble](#)
280 cals

Snacks

210 cals, 7g protein, 19g net carbs, 7g fat



[Roasted chickpeas](#)
1/4 cup- 138 cals



[Raspberries](#)
1 cup(s)- 72 cals

Protein Supplement(s)

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



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

Lunch

490 cals, 36g protein, 32g net carbs, 23g fat



[Tasty breaded seitan](#)
421 cals



[Simple mixed greens salad](#)
68 cals

Dinner

445 cals, 27g protein, 23g net carbs, 22g fat



[Carrot & grounds stir fry](#)
332 cals



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

Meals, Entrees, and Side Dishes

- flavored rice mix
1 1/6 pouch (~5.6 oz) (184g)

Fats and Oils

- oil
2 1/4 oz (69mL)
- salad dressing
6 3/4 tbsp (101mL)

Legumes and Legume Products

- tempeh
1/2 lbs (227g)
- soy sauce
2 oz (50mL)
- peanut butter
2 tbsp (32g)
- firm tofu
1/2 package (16 oz) (227g)
- chickpeas, canned
1 can (448g)
- vegetarian burger crumbles
1/2 lbs (227g)

Beverages

- water
1 3/4 gallon (6874mL)
- protein powder
28 scoop (1/3 cup ea) (868g)
- almond milk, unsweetened
4 tbsp (60mL)

Fruits and Fruit Juices

- avocados
1 1/2 avocado(s) (302g)
- lemon juice
1/2 fl oz (15mL)
- blackberries
1 cup (144g)
- pears
3 medium (534g)
- nectarine
2 medium (2-1/2" dia) (284g)
- raspberries
4 cup (492g)
- lime juice
2 tsp (10mL)

Nut and Seed Products

- pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
- mixed nuts
6 tbsp (50g)

Other

- meatless chik'n tenders
7 pieces (179g)
- vegan sausage
2 sausage (200g)
- sub roll(s)
2 roll(s) (170g)
- nutritional yeast
1/4 oz (7g)
- vegan meatballs, frozen
8 meatball(s) (240g)
- soy milk, unsweetened
5 cup (1200mL)
- vegan chik'n nuggets
6 2/3 nuggets (143g)
- veggie burger patty
2 patty (142g)
- Roasted chickpeas
3/4 cup (85g)
- mixed greens
6 2/3 cup (200g)

Soups, Sauces, and Gravies

- pasta sauce
1/2 cup (130g)

Snacks

- pretzels, hard, salted
2 oz (57g)

Cereal Grains and Pasta

- quinoa, uncooked
1/3 cup (57g)
- uncooked dry pasta
6 oz (171g)
- seitan
4 oz (113g)

Spices and Herbs

Vegetables and Vegetable Products

- tomatoes
5 1/2 medium whole (2-3/5" dia) (661g)
- ketchup
1/4 cup (58g)
- carrots
3 1/2 medium (207g)
- romaine lettuce
1/2 hearts (250g)
- frozen broccoli
1/2 package (142g)
- garlic
2 1/3 clove(s) (7g)
- fresh cilantro
2 tbsp, chopped (6g)
- onion
2/3 large (100g)

- salt
1/4 dash (0g)
- basil
1 tsp, ground (1g)
- ground cumin
1/4 tbsp (2g)
- turmeric, ground
4 dash (2g)
- crushed red pepper
1/3 tsp (1g)
- garlic powder
4 dash (2g)
- ground coriander
2 dash (0g)
- black pepper
1/2 dash, ground (0g)

Baked Products

- bread crumbs
2 3/4 tbsp (18g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Avocado

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



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

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

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 3 meals:

tomatoes
18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.
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Breakfast 2 [↗](#)

Eat on day 4, day 5

Mixed nuts

1/6 cup(s) - 163 cal● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



For single meal:

mixed nuts
3 tbsp (25g)

For all 2 meals:

mixed nuts
6 tbsp (50g)

1. This recipe has no instructions.

Pear

1 pear(s) - 113 cal● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears
1 medium (178g)

For all 2 meals:

pears
2 medium (356g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Chickpea scramble

280 cal ● 12g protein ● 12g fat ● 21g carbs ● 11g fiber



For single meal:

nutritional yeast
1 tsp (1g)
mixed greens
1/3 cup (10g)
ground cumin
2 dash (1g)
turmeric, ground
2 dash (1g)
oil
1/2 tbsp (8mL)
chickpeas, canned, drained
1/2 can (224g)

For all 2 meals:

nutritional yeast
2 tsp (3g)
mixed greens
2/3 cup (20g)
ground cumin
4 dash (1g)
turmeric, ground
4 dash (2g)
oil
1 tbsp (15mL)
chickpeas, canned, drained
1 can (448g)

1. Heat oil in a skillet over medium heat. Add chickpeas and mash using the back of a fork. Add turmeric, cumin, and a pinch of salt/pepper, and cook for about 4 minutes, stirring occasionally.
2. Add in a splash of water, the nutritional yeast and the greens and cook until the greens have wilted, 1-2 minutes. Serve!

Lunch 1 [↗](#)

Eat on day 1

Crispy chik'n tenders

7 tender(s) - 400 cal ● 28g protein ● 16g fat ● 36g carbs ● 0g fiber



Makes 7 tender(s)

ketchup
1 3/4 tbsp (30g)
meatless chik'n tenders
7 pieces (179g)

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

Pear

1 pear(s) - 113 cal ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



Makes 1 pear(s)

pears
1 medium (178g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2, day 3

Vegan meatball sub

1 sub(s) - 468 cals ● 28g protein ● 12g fat ● 54g carbs ● 8g fiber



For single meal:

sub roll(s)
1 roll(s) (85g)
nutritional yeast
1 tsp (1g)
pasta sauce
4 tbsp (65g)
vegan meatballs, frozen
4 meatball(s) (120g)

For all 2 meals:

sub roll(s)
2 roll(s) (170g)
nutritional yeast
2 tsp (3g)
pasta sauce
1/2 cup (130g)
vegan meatballs, frozen
8 meatball(s) (240g)

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 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



For single meal:

soy milk, unsweetened
1 cup (240mL)

For all 2 meals:

soy milk, unsweetened
2 cup (480mL)

1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 4

Chik'n nuggets

6 2/3 nuggets - 368 cals ● 20g protein ● 15g fat ● 34g carbs ● 4g fiber



Makes 6 2/3 nuggets

vegan chik'n nuggets
6 2/3 nuggets (143g)
ketchup
5 tsp (28g)

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

Soy milk

1 cup(s) - 85 cal ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



Makes 1 cup(s)

soy milk, unsweetened
1 cup (240mL)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5, day 6

Soy milk

1 cup(s) - 85 cal ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



For single meal:

soy milk, unsweetened
1 cup (240mL)

For all 2 meals:

soy milk, unsweetened
2 cup (480mL)

1. This recipe has no instructions.

Tofu alfredo pasta with broccoli

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



For single meal:

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)

For all 2 meals:

uncooked dry pasta

6 oz (171g)

firm tofu

1/2 package (16 oz) (227g)

frozen broccoli

1/2 package (142g)

garlic

1 clove(s) (3g)

salt

1/4 dash (0g)

almond milk, unsweetened

4 tbsp (60mL)

basil

1 tsp, 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.

Lunch 5 [↗](#)

Eat on day 7

Tasty breaded seitan

421 cal ● 35g protein ● 18g fat ● 28g carbs ● 2g fiber



seitan

4 oz (113g)

bread crumbs

2 2/3 tbsp (18g)

garlic powder

4 dash (2g)

ground coriander

2 dash (0g)

ground cumin

2 dash (1g)

black pepper

1/2 dash, ground (0g)

soy sauce

1 tbsp (15mL)

oil

1 tbsp (15mL)

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.

Simple mixed greens salad

68 cal ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

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

Snacks 1 [↗](#)

Eat on day 1, day 2

Pistachios

188 cal ● 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.

Blackberries

1/2 cup(s) - 35 cal ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

blackberries
1/2 cup (72g)

For all 2 meals:

blackberries
1 cup (144g)

1. Rinse blackberries and serve.

Snacks 2 [↗](#)

Eat on day 3, day 4

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.
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Pretzels

110 cals ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:

pretzels, hard, salted
1 oz (28g)

For all 2 meals:

pretzels, hard, salted
2 oz (57g)

1. This recipe has no instructions.
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Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries
1/2 cup (62g)

For all 2 meals:

raspberries
1 cup (123g)

1. Rinse raspberries and serve.
-

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Roasted chickpeas

1/4 cup - 138 cal ● 5g protein ● 6g fat ● 12g carbs ● 4g fiber



For single meal:

Roasted chickpeas
4 tbsp (28g)

For all 3 meals:

Roasted chickpeas
3/4 cup (85g)

1. This recipe has no instructions.

Raspberries

1 cup(s) - 72 cal ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries
1 cup (123g)

For all 3 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.

Dinner 1 [↗](#)

Eat on day 1

Flavored rice mix

287 cal ● 8g protein ● 1g fat ● 58g carbs ● 2g fiber



flavored rice mix
1/2 pouch (~5.6 oz) (79g)

1. Prepare according to instructions on package.

Basic tempeh

4 oz - 295 cal ● 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 2 [↗](#)

Eat on day 2, day 3

Flavored rice mix

191 cals ● 6g protein ● 1g fat ● 39g carbs ● 2g fiber



For single meal:

flavored rice mix
1/3 pouch (~5.6 oz) (53g)

For all 2 meals:

flavored rice mix
2/3 pouch (~5.6 oz) (105g)

1. Prepare according to instructions on package.

Roasted tomatoes

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



For single meal:

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

For all 2 meals:

tomatoes
2 small whole (2-2/5" dia) (182g)
oil
2 tsp (10mL)

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.

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.

Dinner 3 [↗](#)

Eat on day 4

Peanut tempeh

4 oz tempeh - 434 cal ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



Makes 4 oz tempeh

nutritional yeast
1/2 tbsp (2g)
soy sauce
1 tsp (5mL)
lemon juice
1/2 tbsp (8mL)
peanut butter
2 tbsp (32g)
tempeh
4 oz (113g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Simple salad with tomatoes and carrots

98 cal ● 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.

Dinner 4 [↗](#)

Eat on day 5

Quinoa

1 cup quinoa, cooked - 208 cal ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



Makes 1 cup quinoa, cooked

quinoa, uncooked
1/3 cup (57g)
water
2/3 cup(s) (158mL)

1. (Note: Follow quinoa package's instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Veggie burger patty

2 patty - 254 cal ● 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.

Dinner 5 [↗](#)

Eat on day 6, day 7

Carrot & grounds stir fry

332 cal ● 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,

Simple mixed greens and tomato salad

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



For single meal:

salad dressing

2 1/4 tbsp (34mL)

mixed greens

2 1/4 cup (68g)

tomatoes

6 tbsp cherry tomatoes (56g)

For all 2 meals:

salad dressing

1/4 cup (68mL)

mixed greens

4 1/2 cup (135g)

tomatoes

3/4 cup cherry tomatoes (112g)

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

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

4 scoop - 436 cal ● 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.
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